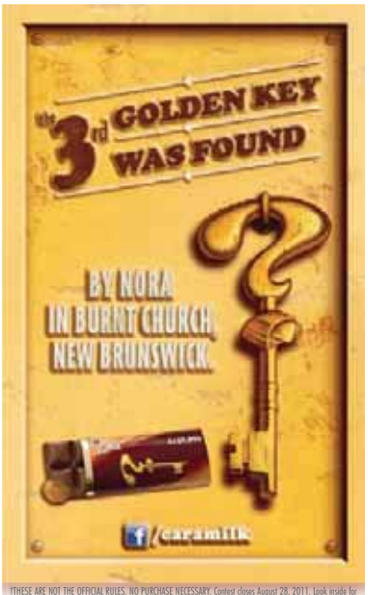
INCINERATORS FEARED
PROVINCE OK'S CITY WASTE PLAN {page 3}

AFTER THE WIRE
IDRIS ELBA RUNNING WITH THE MARVEL CREW NOW {page 14}

VANCOUVER metro®
Tuesday, July 26, 2011
www.metronews.ca
News worth sharing.



*THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,620) and (2) a yearly supply of Caramilk® bars (365) for 25 years OR choose for $10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

Ailing Layton takes leave

- NDP leader stepping back after being diagnosed with 2nd cancer
- Support rolls in as defiant Layton vows to return to politics

MATT KIELTYKA
@METRONEWS.CA

A new bout with cancer has forced Opposition Leader Jack Layton out of politics.

The 61-year-old leader of the New Democrats announced yesterday he will take a temporary leave of absence to focus on his health.

"On the advice of my doctors, I'm going to focus on treatment and recovery," said a thin and frail-looking Layton, who has been successfully battling prostate cancer since February 2010. "I'm going to fight this cancer now so I can be back to fight for families when Parliament resumes."

Layton said doctors discovered the new form of cancer after he starting feeling pain and stiffness near the end of the latest session of the House of Commons.

METRO FILE

▶NDP deputy leader Libby Davies

He did not say which type of cancer he had been diagnosed with.

The charismatic leader was seen as the driving force behind the NDP's "orange crush" in the last federal election, which saw the party springboard to official Opposition status for the first time in its 50-year history.

Simon Fraser University political scientist Doug McArthur said Layton's absence will be a huge blow to the party.

"They're really going to have to dig down deep to keep focus and momentum," he said. "Our system is so focused on strong leadership, and Jack was the central figure in the party's surge."

Vancouver East MP and NDP deputy leader Libby Davies said she's inspired by Layton's drive to recover and jump straight back into politics.

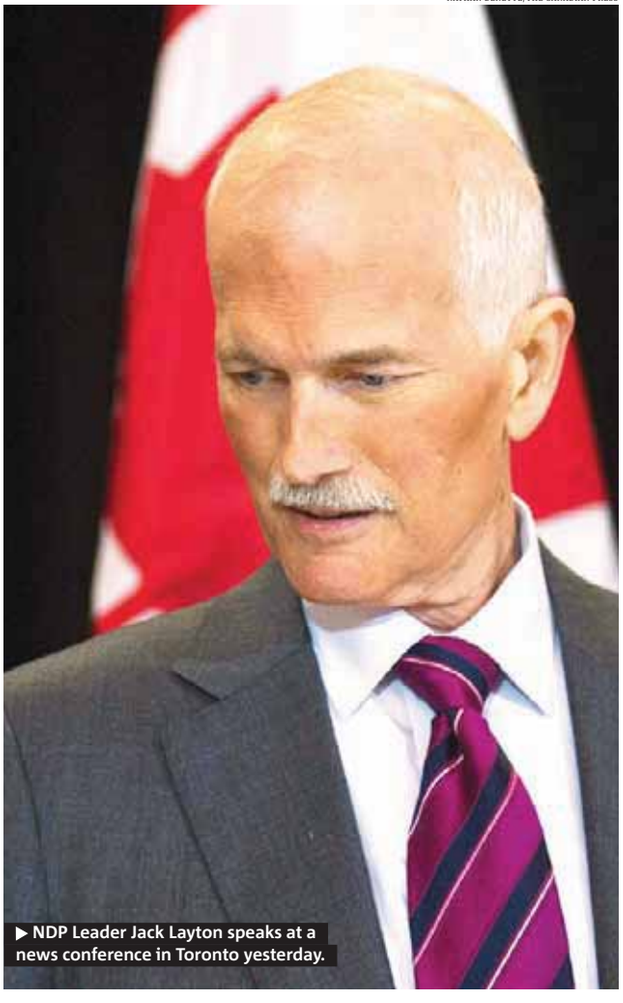
"I've known him since the '80s, and that's who he is. He lives his life, politically and personally, with a sense of hope," she said. "When he says he'll be back, he means it."

The party plans to appoint an interim leader by Thursday afternoon.

Layton has suggested the role be given to caucus chair Nycole Turmel, a first-time MP.

WITH FILES FROM THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS



▶ NDP Leader Jack Layton speaks at a news conference in Toronto yesterday.

NOW PLAYING UNTIL AUG 13!
ARTSCLUB.COM
604.687.1644
GRANVILLE ISLAND STAGE

Get iPhone 3GS for $0.

You can exhale now.

iPhone 3GS

iPhone 3GS 8 GB

$0
3 year term

$549
No term

SAVE $549
Available on a 3 year term with any $50 plan.

Get on BC's best* 4G network.

telusmobility.com

TELUS
the future is friendly®

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY LONDON DRUGS BLACK'S

TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. *Based on network speed and size, as determined by TELUS' tests of data throughput speeds available from national HSPA+ service providers in large provincial urban centers, and comparison of the shared HSPA+ network available from TELUS to the public disclosure of HSPA+ network coverage of other provincial service providers for April 2011. Internet access speed provided by the network operator may vary due to the device being used, network congestion, distance from the cell site, local conditions and other factors. Speed on the Internet is beyond the wireless network operator's control and may vary with your configuration, Internet traffic, website server and management policies, and other factors. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Apple, the Apple logo, iPhone, and Multi-Touch are trademarks of Apple Inc. TM & © 2011 Apple Inc. All rights reserved. All other trademarks are the property of their respective owners. © 2011 TELUS.

TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver
551 Robson St.
Bentall Centre
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
689 Thurlow St.
925 West Georgia St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
525 Seymour St.
625 Howe St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway
2338 Cambie St.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3823 Henning Dr.
3430 Brighton Ave.

Coquitlam
Coquitlam Centre
2700B Barnet Hwy.
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.
1392 Main St.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

West Vancouver
Park Royal Shopping Centre North/South

Whistler
7009 Nesters Rd.

Squamish
Garibaldi Village

Local Norwegians shocked after rampage

PHYLICIA TORREVILLAS/METRO

▶ Sonja Busch signs a book of condolence yesterday at the Scandinavian Community Centre in Burnaby.

Days after two attacks in Norway left more than 70 people dead, Sonja Busch still gets choked up thinking about what happened to her home country.

Canadian-born Busch, whose parents are both Norwegians, said it was really shocking to learn about the shooting and bombing that happened Friday.

But she says the country will eventually heal and move on. "They're tough," said Busch, a retired former manager at the Scandinavian Community Centre in Burnaby. "They made it through Nazi occupation in the Second World War and stood up to them and I know they'll get through this."

Anders Behring Breivik, 32, is accused of bombing Norway's government headquarters in Oslo and opening fire on a youth group retreat.

Elizabeth Norris, president of the Norwegian House Society, said she still gets the shivers talking about the man she claims obviously planned the whole thing for the "ultimate horror value."

PHYLICIA TORREVILLAS

Incinerator plan causes stink

SUBMITTED

▶ Garbage is sorted at the Metro Vancouver landfill near Cache Creek.

City's waste-management plan could include trash-burning facility to dispose 500,000 tonnes per year

PHYLICIA TORREVILLAS
@METRONEWS.CA

1.4M

Metro Vancouver produces about 1.4 million tonnes of garbage every year. Much of which is trucked to the Cache Creek landfill, which is approaching capacity and set to close in 2015.

Environmental groups are speaking out against the province's decision to approve Metro Vancouver's solid-waste-management plan, which could pave the way for new garbage-burning incinerators.

Environment Minister Terry Lake explained the plan includes goals for diverting 70 per cent of the region's waste through recycling, composting and other methods by 2015, and increasing that to 80 per cent by 2020. It could include an incineration facility in or out of the Lower Mainland.

"Metro Vancouver now has the ability to pursue a mix of options for managing waste, provided they balance the interest of surrounding communities that share their air shed," Lake said yesterday. "I'm confident this plan will reduce the amount of garbage generated in the region."

The region is also required to consult with the Fraser River Regional District (FVRD) to address air-quality concerns prior to construction or expansion of waste-to-energy incinerators.

But Patricia Ross, FVRD chair, said there will be a lot at stake if the plan pushes through.

"The risks they are taking with public health, our food source and our ecosystem are disastrous and unnecessary," Ross said.

Sixty per cent of the province's farm products come from the Lower Mainland, she added, which could be affected if an in-region waste-to-energy facility is pursued.

Ben West of the wilderness committee said half of what's in our landfill could be recycled or composted and the province could be more aggressive with other waste-diversion methods instead of burning garbage.

Beachgoers told to stay away from shore after sewage spill

The City of White Rock warned people to stay off the beach yesterday as it investigates what blocked a sewage main on Sunday, causing sewage to overflow into storm drains and then spill onto the beach.

Staff suspect the blockage was caused by "grease, animal and vegetable material."

A release from the city yesterday says the public warning would stay in effect until further notice as the Fraser Health Authority is sampling the water and beach for coliform.

The results of the tests will be made public as they are completed.

The blockage in the sewage line occurred underneath Marine Drive. Staff were alerted Sunday afternoon and, with the help of the fire department, flushed out the sewage line.

JEFF HODSON

News in brief

Province boosts Seaspan bid

The B.C. government is boosting Seaspan's bid for a lucrative federal shipbuilding contract with a $40-million investment. If the bid is successful, the province will fund enhanced training and labour tax credits for the marine industry worth $35 million, plus $5 million for general investments. DAVID PROCTOR

Sex-assault suspect arrested

Dardan Elbasani, 23, wanted in connection with a South Surrey sexual assault that occurred June 16, was arrested in a Niagara Falls, Ont., casino over the weekend. He faces several charges. DAVID PROCTOR

1 news

AP's Seoul bureau chief provides a rare glimpse at daily life in North Korea. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Canada's oldest piano strikes a chord after a $10,000 restoration. Video at metronews.ca

Follow us on Twitter @vancouvermetro

News in brief

Two charged in robbery

MUGGING. A 27-year-old North Vancouver man and a 24-year-old man with no fixed address face charges after a taxi driver was robbed in West Vancouver. The victim called police and said two men had assaulted, threatened and robbed him, then tried to steal his cab. Two men who matched the victim's description were found nearby and arrested. A search turned up property belonging to the victim and a small amount of what police believe to be cocaine. DAVID PROCTOR

Orthotics funded again

BENEFITS RESTORED. Welfare recipients who need orthotics to treat foot problems will see their funding restored. The province came under fire this year when it cut the benefit, with the NDP saying the move caused medical problems for low-income people with foot disorders.

Welfare recipients can get up to $450 for custom foot orthotics — up from $375 — and replacement orthotics every three years instead of every four. The government is also offering funding for off-the-shelf orthopedic footwear. THE CANADIAN PRESS

Long wait for Mountie trial

MANTLER. It will be a full year before Kelowna RCMP officer Geoff Mantler goes to court on assault charges. A trial is set for next July 10 on an accusation Mantler beat Manjit Singh Bhatti during an arrest last August. KELOWNA DAILY COURIER/CKFR

Pride and joy at city hall

Bob Tivey, Joan-E, Bill Siksay and Pat Rocco declared parade grand marshals 2011 Outgames celebrates gays, lesbians in sport

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

DAVID PROCTOR/FOR METRO

▶ Flag-bearers prepare to open the 2011 North American Outgames yesterday with a flag relay that toured the Lower Mainland.

Politicians, visitors and members of Vancouver's LGBTTQ community gathered on the steps of city hall yesterday to usher in Pride Week and the 2011 North American Outgames.

"It is a great, great opportunity to host the games here to celebrate sport, celebrate the arts and to bring such a fantastic community together and welcome people from all over the world to celebrate with us," Vancouver Mayor Gregor Robertson said.

The ceremony also marked the opening of the Outgames. The celebration of sport, culture and human rights kicked off with the running of the flags, and saw the games' flag toured throughout the Lower Mainland. A rainbow flag was hoisted outside city hall and will fly all week.

Ken Coolen, president of the Vancouver Pride Society, named the parade grand marshals, starting with AIDS Vancouver co-founder Bob Tivey, this year's posthumous pride hero.

"We wanted to start recognizing the amazing people who have gone on, so we have added the posthumous grand marshal position," Coolen said. "Tivey died earlier this year, and we want to make sure we remember him."

open house
ENGAGING AND FUN
Seeking business, technology & health care focused go-getters. Over 55 programs available at campuses across Canada. Must love small class sizes taught by industry instructors. If this sounds like a match for you, join us for an OPEN HOUSE at our Vancouver, Burnaby, Surrey, Abbotsford and Richmond CAMPUSES
OPEN HOUSE:
July 27th, 4:00 pm - 7:00 pm
RSVP TO: 1.888.654.4179 or van.cdicollege.ca
CDI college
facebook.com/CDICollege
twitter.com/CDICollege
youtube.com/CDICareerCollege
myspace.com/CDICollege

CONFERENCE 7-11 AUGUST 2011
EXHIBITION 9-11 AUGUST 2011
VANCOUVER SIGGRAPH2011
THE 38TH INTERNATIONAL CONFERENCE AND EXHIBITION ON COMPUTER GRAPHICS AND INTERACTIVE TECHNIQUES
Tomorrow's emerging technologies, the year's finest animated films and visual effects, real-time demos of videogame creativity, and world-class digital art. Keynote speaker Cory Doctorow, best-selling novelist and co-editor of the popular blog Boing Boing. And the SIGGRAPH 2011 Exhibition, featuring the world's most important computer graphics software, hardware, and services.
Register now for 2011's premier digital media event!
Daily access for as low as US$45.
WWW.SIGGRAPH.ORG/S2011
VANCOUVER CONVENTION CENTRE

Super fast. Super thin. Superphone.

Samsung GALAXY S II™ 4G

Introducing the new Samsung Galaxy S II™ 4G superphone. With a dual-core processor and blazing-fast speeds of up to 21 Mbps (expect average speeds of 3.5 – 8 Mbps),[1] you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. There's never been a better time to get on the best network, with the largest 4G coverage and the fastest 4G speeds across Canada.[2]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell being with Bell just got better

Available at the following Bell stores:

LOWER MAINLAND

ABBOTSFORD
- 31935 South Fraser Way
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Brentwood Town Centre (kiosk)
- Lougheed Town Centre
- Lougheed Town Centre (kiosk)
- Marine Way Market
- Metropolis at Metrotown

CHILLIWACK
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- 600 113TH AVE
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

LANGLEY
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 -72 Ave.
- 8363 -128th St
- Clover Square Village
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre
- Surrey Central City Mall

VANCOUVER
- 567 Seymour St.
- 698 West Broadway
- 1008 West Georgia St.
- 1100 Robson St.
- 1588 West Broadway
- 2154 West 4th
- Capilano Mall
- Chinatown Plaza
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal S.

OKANAGAN

CASTELGAR
- 635 Columbia Ave.

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

QUESNEL
- 259 Reid St.

VERNON
- Village Green Mall

WILLIAMS LAKE
- Boitanio Mall

VANCOUVER ISLAND

NANAIMO
- Woodgrove Centre

VICTORIA
- Bay Centre
- Hillside Shopping Centre
- Mayfair Shopping Centre
- Westshore Town Centre

Also available at these retailers:

Best Buy mobile · Costco Wholesale · Future Shop · booth wireless · The Source · Visions · Wireless etc... · Wirelesswave

Available with compatible devices within network coverage areas available from Bell Mobility. Other conditions apply. (1) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada (b) largest network, based on total square kms of coverage, and (c) average call failure rate on par, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ (4G) network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Android and the Android Logo are trademarks of Google, Inc.

FACEBOOK.COM

▶ Desmond Bassi

Hit-and-run linked to cop

RCMP could not confirm whether police officer's kin related to victim, driver or passenger

TERRIS SCHEIDER
VANCOUVER@METRONEWS.CA

RCMP have taken over the investigation of a hit-and-run incident that killed a 17-year-old athlete after investigators learned that one of those involved is an extended family member of an Abbotsford police officer.

Desmond Bassi was killed Saturday when he was struck by a car in Abbotsford.

The vehicle's 17-year-old driver and his 17-year-old passenger turned themselves into police on Saturday.

RCMP Sgt. Peter Thiessen could not confirm whether the family member was related to the victim, the driver or his passenger.

WagJag.com DEAL OF THE DAY!

Buy For: $28

$28 FOR A SIX-MONTH SUBSCRIPTION TO THE FRIDAY AND SATURDAY NATIONAL POST (A $130 RETAIL VALUE)

HIGHLIGHTS

- News coverage across Canada
- Award-winning reporting and analysis
- Comprehensive financial, sports and arts content

Regular Price: $130.00
You Save: $102.00
Discount: 78%

CURRENT DEALS

Buy For: $49

$49 FOR TWO PAIN-FREE LASER HAIR REMOVAL TREATMENTS FROM DELICATE CARE SPA AND LASER CENTRE (A $190 VALUE)

HIGHLIGHTS

- Option A: combine 2 vouchers to get 2 Brazilian treatments
- Option B: combine 3 vouchers for 2 treatments on: half arms, half legs, half back, chest, abdomen, buttocks
- Option C: combine 4 vouchers for full face, full arms, full legs or full back
- As a bonus, get 50% off any other spa service when booked on first visit + 10% off any product

Buy For: $15

$15 FOR A 5-CLASS PASS TO KRUSH KORE CONDITIONING'S BOOTCAMP (REG. $75)

HIGHLIGHTS

- Personal trainers commited to helping you reach your fitness goals
- Also focus on your diet
- Optimal results

Visit: WagJag.com

Hurry to WagJag.com to purchase local deals before time runs out.

Don't quite get it yet? Visit WagJag.com

Follow us on:

facebook.com/wagjag
@wagjagvancouver

New judges won't ease court backlog: Critics

2,100 Number of cases in provincial court over 18 months old.

The government's appointment of five new provincial court judges does nothing to solve the serious crisis in B.C.'s court, critics say.

Criminals are going free and families are waiting too long to get to trial, said Samiran Lakshman, the president of the B.C. Crown Counsel Association.

The latest additions bring the number of provincial court judges to 130.1 full-time equivalent judges working around the province, a dozen fewer than the number of judges sitting in 2005.

Lakshman said there are more than 2,100 cases in provincial court that are over 18 months old, the point where judges start to seriously consider applications over the issue of delay.

"Police officers (are) stacked deep in the courthouse halls; civilians, victims (are) stacked tall in the courthouse halls, taking time off work, only to hear the case has been thrown out of court."

In the most recent example, where assault charges were tossed out against two brothers, Associate Chief Judge Michael Brecknell said 22 months getting the men to trial was too long.

THE CANADIAN PRESS

Ribbon cut on women's housing

A new 108-unit supportive-housing development for women in Vancouver's Downtown Eastside officially opened its doors yesterday.

Federal Heritage Minister James Moore, provincial Housing Minister Rich Coleman and Vancouver Mayor Gregor Robertson were on hand to open the Sorella development at 525 Abbott Street.

The 10-storey building has 108 units inside, 12 of which are two-bedroom apartments for single-parent families.

A third of the units are reserved for women with mental illness or substance-abuse problems.

Atira Women's Resource Society will manage the building and support programs at Sorella.

MATT KIELTYKA

News in brief

Governments give $180M for affordable housing

SPECIFIC NEEDS. The provincial and federal governments announced yesterday that they will each provide $90 million toward affordable housing in B.C. over the next three years. The contributions will go toward initiatives including construction of new living spaces, renovations, home-ownership assistance, rent supplements, shelter allowances and accommodations for victims of family violence. Annual reports will be provided to the public on the progress of the program. DAVID PROCTOR

GIVES LIKE NOTHING ELSE

Touch the new HP TouchPad and $2 will be donated to Boys and Girls Clubs of Canada.

ROBSON SQUARE

July 30th & July 31st 11AM – 7PM

Find out more at hp.ca/touchpadgives

Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Everybody On hp TouchPad

Between July 15th, and August 31st, 2011 HP will donate $2 to Boys and Girls Clubs of Canada each time a participant touches the TouchPad screen and makes his/her impression, up to a maximum of $100,000 CDN. All screen images simulated.

Norway hearing closed to public

Suspect threatens more violence Judge orders him held in isolation Thousands lay flowers in Oslo

JON-ARE BERG-JACOBSEN/THE ASSOCIATED PRESS

▶ Anders Behring Breivik

The self-described perpetrator of Norway's deadly bombing and shooting rampage was ordered held in isolation at a hearing yesterday after calmly telling the court that two other groups of allies stand ready to join his murderous campaign.

Anders Behring Breivik has admitted bombing Norway's capital and opening fire on a political youth group retreat on an island near the capital. He told authorities he expects to spend the rest of his life in prison. Saying he wanted to save Europe from Muslim immigration, he entered a plea of not guilty that will guarantee him future court hearings and opportunities to address the public, even indirectly.

Police believe Breivik acted alone, despite his grand claims in a 1,500-page manifesto that he belonged to a modern group of crusaders. But they have not completely ruled out that he had accomplices.

Judge Kim Heger ordered Breivik held for eight weeks, including four in isolation.

Norway has been stunned by the attacks and riveted by Breivik's strange writings. Hundreds of reporters and locals thronged the courthouse ahead of his first court appearance yesterday, hoping to get their first glimpse of the man blamed for the deaths of 76 people — lowered yesterday from 93.

THE ASSOCIATED PRESS

JEFF J. MITCHELL/GETTY IMAGES

▶ A woman mourns as an estimated 100,000 people gather in Oslo town centre yesterday for a vigil following Friday's twin extremist attacks. Mourners laid thousands of flowers around the city.

Attacks a concern for London 2012 Olympics

IOC president Jacques Rogge is confident police intelligence work will help avert any attack on the London Olympics similar to the bombing and shooting massacre in Norway.

Rogge said British security officials will have taken into account the type of attacks that shook Norway, where a man set off a car bomb in Oslo on Friday.

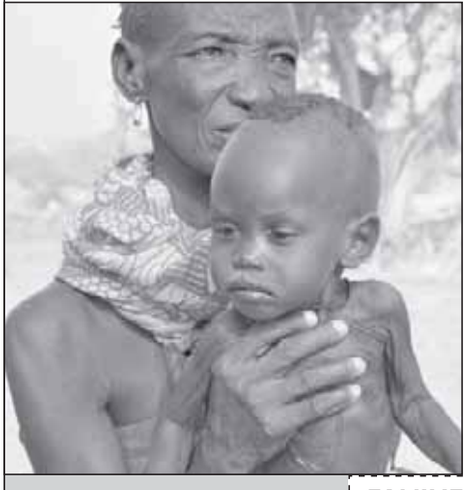
British Olympics Minister Hugh Robertson said the U.K. had already prepared for attacks by "lone wolves" but would re-examine its security plans in the wake of the twin attacks.

"Clearly where there are lessons to be learned from Norway we will learn them," he said.

THE ASSOCIATED PRESS

World Vision

URGENT: Famine in Africa



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water, preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of $50 will provide $100 of life-saving food for desperate children and families. $100 provides $200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

☐ $50 ☐ $100 ☐ $200 ☐ $_____ to help as much as possible

Name _____

Address _____ Apt._____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: ☐ VISA ☐ MasterCard ☐ American Express

CARD NUMBER _____ EXPIRY DATE _____

SIGNATURE _____

Please make your cheque payable to: World Vision

4249488/100958

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help

RBC Royal Bank®

Flexibility to use any major bank's ATMs[1]. GOT IT.

Switch to an RBC® all-inclusive banking package and we'll refund the access fee at non-RBC ATMs. Plus so much more.

ANNUAL FEE REBATES ON ELIGIBLE RBC CREDIT CARDS[2]
Want to collect valuable rewards and save money, year after year? RBC's got that, too, with rebates on the annual fees on your rewards credit card.

NO MINIMUM BALANCE REQUIREMENTS
The only person who should decide how much your balance will be... is you. With RBC, do what you want with every dollar. It's your money after all.

COMPANION RBC HIGH INTEREST ESAVINGS® ACCOUNT
Reach your savings goals faster with high interest earned on every dollar and no monthly fee with the RBC High Interest eSavings® account[3].

Banking is more than just transactions. Get more of what you want – and more of what you need – with an RBC all-inclusive banking package. And get up to $300 in gift cards.

Switch to an RBC all-inclusive banking package and get up to 37,500 RBC Rewards® points†

RBC VIP Banking
15,000 points

RBC® Visa Infinite‡ Avion® Card
+ 15,000 points

RBC High Interest eSavings® account
+ 2,500 points

CustomSwitch®
+ 5,000 points

37,500 RBC Rewards points

ENOUGH FOR $300 IN GIFT CARDS†

Get up to **$300** in gift cards†

SWITCH TODAY!
rbc.com/better
1-866-660-0340

Advice you can bank on™

† To get $300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. You will receive 15,000 RBC Rewards points when you open an RBC VIP Banking® account by August 31, 2011 and fulfill all the other qualifying criteria as indicated in the full terms and conditions available at www.rbc.com/termsandconditions by September 30, 2011. You will receive an additional 5,000 RBC Rewards points if you use our CustomSwitch® service to close your Canadian dollar personal banking account with another Canadian financial institution by August 31, 2011 and transfer the balance of such account to your new RBC VIP Banking account by September 30, 2011. You will receive 2,500 points when you open an RBC High Interest® eSavings account by August 31, 2011. Plus, if you apply for an RBC Visa Infinite‡ Avion® card by August 31, 2011 and get approved, you will receive an additional 15,000 welcome bonus RBC Rewards points. Upon enrolment, 15,000 bonus RBC Rewards points will appear on your first credit card statement. Existing RBC Visa Infinite Avion, RBC Visa Platinum Avion, British Airways‡ Visa Platinum, Cathay Pacific‡ Visa Platinum, Visa Platinum Preferred and Visa Gold Preferred cardholders, transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with any other offer. Minimum redemption of 3,000 RBC Rewards points for most $25 gift cards/certificates. Some exceptions apply. Point redemption values may fluctuate. For general redemption terms, conditions and restrictions that apply to the RBC Rewards program, as well as for current point redemption values, please visit www.rbcrewards.com or call 1-800-769-2512. [1] The number of non-RBC ATM transactions refunded per month is unlimited for VIP Banking only. For other accounts, the number of free non-RBC ATM transactions depends on which account you hold. ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply. [2] The amount of the annual fee rebate depends on which banking package and credit card you hold. As a sole or joint owner of an RBC Signature No Limit Banking account, you will receive a $35 rebate towards the annual fee of one eligible credit card, every year, as long as you remain an RBC Signature No Limit Banking account owner. Effective June 1, 2011, a $39 rebate will also apply to the Signature® RBC Rewards Visa card and WestJet RBC MasterCard‡. Additional cardholders (co-applicants) do not qualify for the annual fee rebate, even if they are joint owners of an RBC Signature No Limit Banking account. Other conditions and restrictions apply. As a sole or joint owner of an RBC VIP Banking account, you will benefit from an annual fee rebate on one eligible premium credit card, every year, as long as you remain an RBC VIP Banking account owner. One co-applicants annual fee is also rebated, every year, as long as you remain an RBC VIP Banking account owner. [3] Fees may apply in other bank accounts to and from which you transfer funds. ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).

Grizzly attacks teens

Four badly injured as group on Alaskan wilderness tour ambushed by animal Teens use survival training, make bandages out of garbage bags

A grizzly pounced so furiously on a group of teenagers in the remote Alaska wilderness that they did not have time to pull out their bear-deterrent spray to defend themselves, a father of one of the boys said yesterday.

The seven teenagers were in the last leg of a 30-day backcountry education course when they came upon the bear and its cub on Saturday night. The teens at the front of the pack bore the brunt of the attack, authorities said.

They were rescued early Sunday after activating their emergency locator beacon and tending to the wounded.

"They startled this bear," Jon Gottsegen said in a telephone interview from his Denver home, his 17-year-old son Samuel among the four injured teenagers. "It sort of came around a curve."

The bear attacked as they group lined up for a river crossing in the Talkeetna Mountains, north of Anchorage. Those in the back of the line heard the warning, and the two at the front were most seriously injured, authorities said.

"One of the most dangerous things to run into in the woods,'' said Patricia Allaire, the mother of another injured student, Noah Allaire, 16, of Albuquerque, N.M. She said none of the teens had guns.

Gottsegen told Denver's KMGH-TV that the first person to go around a corner yelled that there was a bear and then started running backward. Then Gottsegen said he looked behind him and saw the bear so he started running.

He said the bear tackled him on the way down on a hill.

"I thought I was going to die when I was being attacked. I was so scared,'' he said from his hospital bed.

When the bear broke off the attack, the teens activated a personal locator beacon they carried for emergencies, trooper spokeswoman Megan Peters said.

Patricia Allaire said her son tried to activate the beacon, thinking the bear was gone, but then it struck again, thrashing the teen's head and back, and slightly puncturing a lung.

Noah Allaire was listed in good condition yesterday, a hospital spokesman said. THE ASSOCIATED PRESS

LOREN HOLMES/THE ASSOCIATED PRESS

▶ Samuel Gottsegen, 17, was taking part in an outdoor education course from the National Outdoor Leadership School when he was attacked by a grizzly bear yesterday.

OUTDOOR LEADERSHIP SCHOOL

The teens were taking part in an outdoor education course from the National Outdoor Leadership School, which leads many such excursions in Alaska and elsewhere.

The teens were in the 24th day of their course when the attack occurred. There was no instructor with them because that far into the course, they've learned enough survival skills, said Bruce Palmer, a spokesman for the organization.

"Our basic goal is that when a student graduates from the NOLS course, they have the experience and background to be able to take other people out into the backcountry," he said. "We're training people to be outdoor leaders."

VCAD
VISUAL COLLEGE OF ART AND DESIGN OF VANCOUVER
FASHION DESIGN
MARKETING AND MERCHANDISING FOR FASHION
WE WANT OUR STUDENTS TO GET A QUALITY EDUCATION, WITHOUT BREAKING THE BANK.
High academic standards maintained through feedback from industry leaders
Programs are $10,000 to $25,000 less than other schools in Vancouver
Less time is spent on filler courses
More time to work on professional portfolios
Cut down on tuition – transfer credits are accepted
CLASSES START SOON
SEATING IS LIMITED
CALL TODAY 1.800.360.6157
van.vcad.ca

A step closer to Big Bang proof?

Scientists hoping to puzzle out how the universe began will find a long-sought theoretical particle — or rule out that it exists — by the end of 2012, the director of the world's largest atom smasher predicted yesterday.

Rolf Heuer, director of the European particle physics laboratory near Geneva, said his confidence was based on the latest findings from the $10-billion proton collider under the Swiss-French border.

"I would say we can settle the question, the Shakespearean question — 'to be or not to be' — end of next year," he told reporters at a major physics conference in Grenoble.

THE ASSOCIATED PRESS

KEYSTONE, LAURENT GILLIERON/THE ASSOCIATED PRESS

▶ Rolf-Dieter Heuer, right.

Divorce now legal in Malta

Maltese will no longer have to travel abroad to divorce, following yesterday's overwhelming vote in favour of finally allowing couples to end their marriages at home on the heavily Catholic island nation.

Prior to the vote, Malta was the only European Union nation without divorce legislation. The law takes effect in October, when Malta's president is expected to sign it.

Parliament acted yesterday after nearly 53 per cent of voters said yes to divorce in a referendum on 28 May. The vote was a blow to the ruling Nationalist Party, which had opposed divorce ahead of the referendum.

Prime Minister Lawrence Gonzi was one of the few who voted against the bill, believing divorce legislation will weaken the family structure.

THE ASSOCIATED PRESS

Ombudsman questions federal contracts

Report says department showed favouritism in awarding contracts Limited fair competition

A federal agency that's supposed to safeguard transparency and openness in government hiring practices cooked four of its own employment contracts to make sure favoured workers got hired.

That's the conclusion of the watchdog over the federal contracting process, who determined the Public Service Commission of Canada also failed to properly document its flawed decision-making.

The case involved four people who were hired without a competition to serve as external members of the commission's independent audit advisory committee.

The four sole-source contract jobs, potentially worth about $80,000 each over four years, were posted on a contracting website in September 2009. Other potential suppliers had just 15 days to object.

In a scathing report yesterday, procurement ombudsman Frank Brunetta found that the four favoured workers were allowed to review the draft work requirements to ensure they were a perfect match to the job description. The commission "favoured existing contractors by tailoring requirements, all of which limited fair and open competition for other potential suppliers," Brunetta ruled.

There was "no evidence of 'unique expertise' ... and no evidence that any one ... was the only person capable of performing the contract."

Indeed, Brunetta's investigation showed that the commission had actually identified six potential hires and "knew there was more than one supplier who could do the job."

THE CANADIAN PRESS

Problem?

- **Ombudsman.** Frank Brunetta's predecessor in the job, Shahid Minto, reported in 2009 that the government's system of posting sole-source contracts is a "problem child," open to abuse.
- **The system** requires that a proposed sole-source contract be posted publicly for a short period, but the posting period is often too short for real competition.

Pilippines. Effigy

▶ Protesters burn an effigy of Philippine President Benigno Aquino III, which is shaped into a rotten egg, ahead of the president's annual state of the nation address.

BULLIT MARQUEZ/ASSOCIATED PRESS

Protesters demand change

Thousands of mostly left-wing protesters marched in the capital to demand higher wages, farm land and the prosecution of the president's predecessor for alleged graft. Protesters say Aquino has not moved fast enough to ease the plight of the poor, workers and farmers.

46 Yesterday, a mass wedding in Niagara Falls saw 46 same-sex couples exchange vows.

Gay marriage lawsuit

Opponents of New York's gay-marriage law filed the first lawsuit challenging the measure yesterday, a day after the state's first gay weddings. The lawsuit claims that the New York Senate did not follow proper procedures in passing the bill.

THE ASSOCIATED PRESS

NOW OPEN
in British Columbia
1 855 363 6735
discountcruises.ca
discount cruises.ca
the world's cruise experts

Receive
$100**
Future Travel Credit when you book any cruise.

Caribbean & Mexico

Western Caribbean
6-Night Cruise
from USD
$329
+ taxes & fees USD $86
FEATURES Key West, Grand Cayman and Ocho Rios. Sails roundtrip Fort Lauderdale. Interior stateroom.

Mexican Riviera
7-Night Cruise from USD $359 + taxes & fees USD $48
FEATURES Cabo San Lucas (overnight) and Puerto Vallarta. Sails roundtrip Los Angeles. Interior Stateroom.

Southern Caribbean
7-Night Cruise from USD $359 + taxes & fees USD $68
FEATURES St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails roundtrip San Juan. Interior Stateroom.

Eastern Caribbean
7-Night Cruise from USD $419 + taxes & fees USD $87
FEATURES St Thomas, San Juan and Grand Turks. Sails roundtrip Miami. Interior stateroom.

Bermuda 7-Night Cruise from $507 + taxes & fees $194
FEATURES Bermuda (2 overnights). Sails roundtrip New York. Interior stateroom.

Cruises

Canada & New England
7-Night Cruise
from
$454
+ taxes & fees $154
FEATURES Sydney, Halifax, Saint John and Portland. Sails roundtrip New York. Interior stateroom.

Mediterranean
7-Night Cruise from USD $499 + taxes & fees USD $76
FEATURES Koper. Ravenna, Bari, Dubrovnik and Venice (overnight) . Sails roundtrip Venice. Interior stateroom.

Alaska 7-Night Cruise from USD $599 + taxes & fees USD $148
FEATURES Hubbard Glacier (cruising), Juneau, Skagway, Icy Strait, Ketchikan and Inside Passage (cruising). Sails from Seward to Vancouver. Interior stateroom.

Transatlantic
13-Night Cruise from USD $599 + taxes & fees USD $147
FEATURES Alicante, Malaga, Madeira and Tenerife. Sails from Barcelona to Fort Lauderdale. Interior stateroom.

South America
7-Night Cruise from USD $729 + taxes & fees USD $162
FEATURES Salvador, Buzios, Ilhabela and Santos. Sails roundtrip Rio de Janeiro. Interior stateroom.

Pacific

Pacific Coastal
5-Night Cruise
from
$422
+ taxes & fees $106
FEATURES Astoria and San Francisco. Sails from Vancouver to Los Angeles. Interior stateroom.

Hawai'i 10-Night Cruise from USD $799 + taxes & fees USD $65
FEATURES Hilo, Kona, Lahaina and Honolulu (overnight). Sails from Ensenada to Honolulu. Interior stateroom.

Cruise & Stay

Seattle
1 Night + 1 Night Cruise
from
$279
+ taxes & fees $34
FEATURES Sails from Seattle to Vancouver. Interior stateroom. Includes transfer to Seattle & 1 night accom.

Lowest Cruise Price Guarantee
SAIL FREE
We will beat any cruise quote or you will Sail Free◊

Conditions apply. Ex: Vancouver. All prices in CAD unless otherwise stated. Prices are per person based on double occupancy and do not include airfare unless otherwise stated. Taxes & fees include transportation related fees, GST/HST, fuel supplements and port related fees and are approximate and subject to change. Fuel surcharge may be additional. Prices are for specific dates and subject to availability. Prices are accurate at time of publication and may change without notice, errors and omissions excepted. **Book any cruise stateroom before 31 July, 2011 and receive a $100 travel credit per stateroom, for use on future bookings made in person at Discount Cruises White Rock. Voucher must be redeemed at Discount Cruises location specified above. Voucher is valid on new bookings only. Vouchers are transferable. Voucher cannot be redeemed for cash. Voucher is not valid in conjunction with any other special offer or discount. Discount Cruises reserves the right to verify against original purchase. Expires 31 July, 2012. ^Voyage Galapagos adventure must be redeemed for travel by July 31, 2012. Prize includes tour portion only and does not include pre or post- night stays, land transfers, insurance or international air. This prize has no cash value and cannot be combined with any other discount, offer or promotion. ◊We will beat any written quoted cruise by $1 and give you a $50 voucher for future travel. "Sail Free" offer applies only where all "Lowest Cruise Price Guarantee" criteria are met but a discountcruises.ca retail shop does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.discountcruises.ca/lowestcruisepriceguarantee-sailfree.CPBC Reg #55477

RIM announces plans to downsize workforce

Canadian tech firm to release new generation of BlackBerrys in '12

DAVE CHIDLEY/THE CANADIAN PRESS

▶ An employee holds a PlayBook tablet at the Research in Motion annual meeting.

Research In Motion will cut 2,000 jobs, or about 11 per cent of its global workforce, this year to reduce costs in the competitive smartphone and tablet markets, in which consumers are increasingly turning to Apple and Android products.

The BlackBerry maker provided the details yesterday, about a month after announcing it would reduce its workforce after it had lower BlackBerry smartphone sales in the recent financial quarter.

The cuts are the largest in the Canadian technology icon's history.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company," RIM said in a statement.

"It follows an extended period of rapid growth within the company whereby the workforce had nearly quadrupled in the last five years alone."

In afternoon trading on the Toronto Stock Exchange, RIM's shares were down $1.28, or 4.8 per cent, at $25.19.

RIM, based in Waterloo, Ont., has about 19,000 employees. Those in North America will begin to receive notices this week. Workers in other countries will be told at a later date.

RIM is facing a host of competition in the smartphone market from Apple's iPhone and smartphones using Google's Android operating system.

Its PlayBook tablet, which met expectations of selling 500,000 in the recent quarter, has received lukewarm reviews compared with Apple's iPad.

"If they want to be a top-three or top-five smartphone player, then they have to much more aggressively spend money in the consumer market,"said analyst Alkesh Shah of Evercore Partners.

"They have to create a differentiated consumer message," Shah said from New York. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 22.98 (2,036.63)	+ 0.37¢ (105.73¢ US)	- 0.67¢ US ($99.20 US)	$4.41 (+1.5¢)
			Gold contracts $1,612.20 (+ $10.70)

Best-selling drugs face big price drop

The cost of prescription medicines used by millions of people every day is about to plummet.

The next 14 months will bring generic versions of seven of the world's 20 bestselling drugs, including the cholesterol fighter Lipitor and blood thinner Plavix.

Between now and 2016, about $255 billion in global annual sales will go off patent, notes EvaluatePharma Ltd., a London research firm. Generic competition will slash the cost to patients.

MATT ROURKE/THE ASSOCIATED PRESS

▶ The blood-thinner medication Plavix is shown in Willingboro, N.J.

Generic versions of big-selling drugs for blood pressure, asthma, diabetes, depression, high triglycerides, HIV and bipolar disorder also are coming by then. THE ASSOCIATED PRESS

ROTTEN APPLES

Fake Apple shops busted

Chinese officials found five fake Apple stores and ordered two of them to suspend business while they're investigated, a local government website said yesterday.

Officials couldn't do anything about the other three stores — which displayed Apple signs and logos — because they did not find any fake Apple products for sale, a local newspaper reported

The investigation follows a blog post last week by an American woman who lives in Kunming in Yunnan province, who stumbled across shops masquerading as Apple stores in the city.

She posted photos of them on her BirdAbroad blog. The Kunming Trade and Industry Bureau inspected more than 300 electronics stores. THE ASSOCIATED PRESS

Loonie rises as U.S. debt talks collapse

The Canadian dollar closed higher against the U.S. currency Monday as markets looked for a resolution to the debt impasse in the United States.

The loonie was up 0.37 to 105.73 cents US after talks between U.S. president Barack Obama and House Speaker John Boehner collapsed on Friday. No progress has been made since. THE CANADIAN PRESS

RBC Royal Bank®

Need to send money overseas?

RBC International Remittance® makes it: Fast. Easy. Secure. Affordable.

Learn more about RBC International Remittance® at rbc.com/remitfunds

Advice you can bank on.™

® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.
™ Trademarks of Royal Bank of Canada.

TABLE FOR TWO, PLEASE ... NON-CHILDREN

SHE SAYS ...

JESSICA NAPIER
METRO

Earlier this month, I read a news story about a Pennsylvania restaurant owner who has decided to ban children under the age of six at his establishment. While outraged parents condemned the restaurant for discriminating against their brood, some clientele welcomed the new policy, breathing a heavy sigh of relief knowing that their next $30 entrée wouldn't be served up with a side of screaming toddler.

Misbehaved children, and their seemingly oblivious guardians, can reduce a pleasant dining experience to an evening of exasperated eye-rolling. There have been plenty of times that I've given up on dessert or another glass of wine in order to get away from the piercing sound of a four-year-old in the middle of a temper tantrum.

So should the parents of these bratty customers be more considerate of their fellow patrons and leave the kids at home when dining out?

Some would argue that parents should be entitled to enjoy a meal with their offspring without being subjected to dirty looks from the next table. However, in my opinion, letting your precious angels run laps around the dining room or shriek hysterically while being force-fed broccoli is inexcusable. If you are unwilling or unable to control your children, you might want to skip the high-end restaurants and opt for a Happy Meal instead.

"Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer."

Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer.

But while misbehaved tots can be a serious annoyance, I've seen plenty of adults over the years who are just as bad, if not worse, when it comes to mealtime manners.

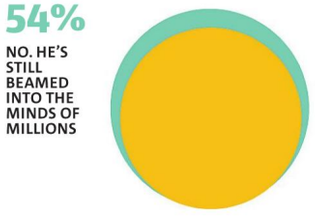
Grown-ups should know better but often they don't. They snap their fingers at the serving staff, request so many modifications they might as well eat at home and linger at the table while a lineup stretches out the door. Of course, the worst restaurant-goers are those who insist on conducting obnoxious cellphone conversations mid-meal with no regard for their dinner date or the increasingly annoyed patrons around them. The loudmouth suit screaming into his BlackBerry is just as disruptive as the little ones shrieking over their vegetables. Small children may not be ideal dinner companions, but there are also plenty of adults out there who could use a crash course in dining etiquette.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

After the phone-hacking scandal, is Rupert Murdoch's era of influence over?



54% NO. HE'S STILL BEAMED INTO THE MINDS OF MILLIONS

45% YES. HIS FATE WAS SEALED WITH A PIE ATTACK

Local tweets

- **@jpvaldes:** Just realized I'm kicking off #prideweek tomorrow night. Opening for @djtimeline & @heyDARYLO at @celebstues. #vancouver
- **@itsMiguelB:** #Seattle is like #Vancouver. One day its sunny the next its raining!
- **@VanPromo:** Is the SUN dancing to "Should I stay or Should I go" Vancouver? The Clash - Choose to stay puleeese!!! bit.ly/3NnQR #Vancouver
- **@FMarchandVS:** Jay-Z and Kanye West announce joint 'Throne' tour, #Vancouver date in October bit.ly/nSeDWQ
- **@ComFree:** In #Vancouver, the average house price is 11 times the average wage. No shocker there, really blog.comfree.com/2011/07/14/40-...
- **@sarahmacdonald:** Oh how intriguing you are #watchthethronetour. Is a third Jay-Z show in the cards? Quite possible with a show in #yvr.
- **@milnews_ca:** Congrats! RT: @MARPAC: OS Yvette Yong of Vancouver wins a gold medal in taekwondo at the 2011 World Military Games

Worth Mentioning

HAPPY MEALS. Emotions can be modified by the intake of food even when people don't taste the food or realize they are receiving nutrients, new research indicates. Participants in a study were blinded as to the nature of a intragastric infusion, and had 40-minute fMRI neurologic scans as they provided responses about their mood, fullness, hunger or nausea.

Sad or neutral emotions were induced with music played through headphones and with images of facial expressions depicting either sad or neutral emotions back-projected onto a screen.

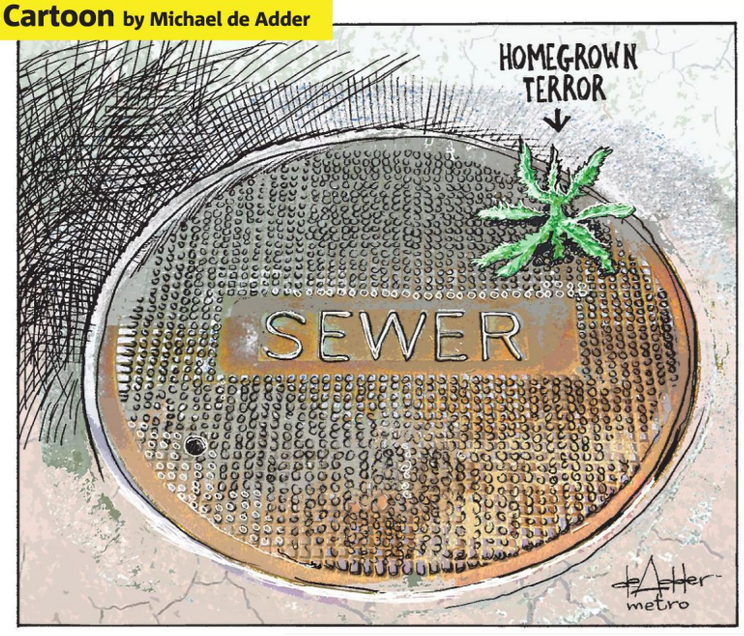
Hunger scores rose during sad emotion and decreased during neutral emotion conditions. The effect of a sad mood was weakened by fatty acid.

"The novelty lies in the fact that it's purely subliminal or what we call unconscious brain signalling happening here," said lead author Dr. Lukas Van Oudenhove.

"Something I like about this study is that it starts from the body, from the stomach, and it goes to the brain," said Dr. Giovanni Cizza.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

This is how you end up waking up in Vegas

One day in the spring of 1979, Arthur Gerald Jones, a well-connected Chicago financier and father of three, left his posh home to run an errand and vanished, never to return.

Despite the FBI's best efforts to figure out what happened to the powerful commodity trader, no trace was ever found of Jones. In 1986, an Illinois court declared him dead, and social security paid $47,000 in survivor benefits to his wife and children.

But late last week, the shroud of mystery enveloping the 32-year-old case was suddenly pulled back when Jones, now 72, was discovered living in Las Vegas, where he has been working as a bookie at a casino.

According to a court affidavit, Jones told a special investigator with the Social Security Administration that he had a seat on the Chicago Board of Trade as a commodities trader, but was forced to sell his seat to pay off a debt incurred when he made a trading error. He lost his job in the process and, fearing what investigators have speculated may have been relations with the Chicago mafia, Jones decided to leave his wife of 17 years and family.

TORSTAR NEWS SERVICE

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002 • metronews.ca/vancouver/advertise • metronews.ca/vancouver/contactus • **Publisher** Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

2 scene

A career in high gear

After finding success on TV's The Wire, Idris Elba launches his career with a slew of new movies that have a comic book theme Metro caught up with the rising star at Comic-Con

NED EHRBAR
MWN IN HOLLYWOOD

GETTY IMAGES

▶ Actors Idris Elba and Nicolas Cage speak at a Ghost Rider: Spirit of Vengeance panel during Comic-Con 2011 in San Diego last week.

Between last year's the Losers, this year's Thor and next year's Ghost Rider: Spirit of Vengeance, British actor Idris Elba seems to have a thing for comic book adaptations.

But there's still one superhero that's eluded him: Avengers member Luke Cage. Not that he's complaining, mind you.

Between two Emmy nominations, Ridley Scott's upcoming Alien prequel, Prometheus, and Guillermo del Toro's Pacific Rim, which starts shooting in October, the former Wire star has plenty to keep him busy.

Metro caught up with Elba in the middle of the Comic-Con madness for a status update.

What are you most excited to see or do while at Comic-Con?
Dude, I don't get to do anything. I do like seeing the audience react to what we've got to show them for Ghost Rider, because I just saw it and it's phenomenal.

You've been doing very well with comic book movies lately.
Well, two films, two characters, really. And the Losers as well.

I thought that film was good. It had a lot of opportunity to be better — not better but more well received. It didn't quite do it, but I liked the film. I thought it was well directed. Sylvain White did that, and he's great.

Speaking of comic book characters, you've mentioned wanting to play Luke Cage in a film.
I'd like having a shot at that. But listen, we need to know there's an appetite for that. I need the audiences that like Luke Cage to come up and say they want to see a Luke Cage film with me in it.

I'm part of the Marvel family, and I think now they might be aware that there's this little appetite to do it, but at the same time, I'm also part of the Thor story, so we'll see.

What can you tell us about Prometheus?
I have to say, it's an enormous film — enormously rich in its depth, its complexity. The filmmaking is second to none.

It's none other than the great Ridley Scott, and there are some really good actors in it. I can say this: The wait for Ridley to return to a film like that is definitely going to be rewarded with something exciting

You've had a few roles now for which people recognize you. What comes up most?
The Wire, mainly. It was my first American calling card. But now Luther is starting to, and then Heimdall [in Thor], believe it or not. A lot of people are actually like that. It's a tiny part in that film — huge film, tiny part, but it definitely has resonated with some people.

New album

After more than four years, Leslie Feist is finally ready to release a new album. The eight-time Juno winner has announced that her fourth full-length, Metals, will be released on Oct. 4. The 12-song album was recorded with usual collaborators Chilly Gonzales and Mocky.

The 35-year-old's last album, 2007's The Reminder, was a breakthrough hit, reaching platinum certification in Canada and going gold in the U.S.

THE CANADIAN PRESS

Now out of The Office, Steve Carell cranks up movie career with type of film he loves.

DVD Releases

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

Source Code

Genre: Sci-fi
Director: Duncan Jones
Stars: Jake Gyllenhaal, Michelle Monaghan

Source Code's almost risible collision of the bogus science and cranial confusion recalls Groundhog Day, Inception and Avatar. It also shares the isolation and alienation found in Moon, director Duncan Jones' heralded debut.

Continually returning to its opening scene, the film has Jake Gyllenhaal chatting up Michelle Monaghan on a Chicago commuter train, in a situation meant to remind us of Strangers on a Train. It's more schlock than Hitchcock, but here's where good casting and a little patience pay off.

Gyllenhaal is U.S. army Capt. Colter Stevens, a decorated helicopter pilot who awakens to find himself part of a science experiment.

The science is sketchy, to say the least. Jones allows Jeffrey Wright, as the Source Code project head, to ham it up with a wacky professor turn.

Better that Jones should concentrate on the performances, and he gets three fine ones from Gyllenhaal, Monaghan and Farmiga, who invest a good deal of emotion into a farcical situation.

If all else fails, it's a decent thriller at a brisk 93 minutes, including all the repeats. PETER HOWELL

Cause of death unknown after Winehouse autopsy

Family visits memorial outside home Spokesperson says funeral will be held today

An autopsy on singer Amy Winehouse Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests.

Winehouse's devastated parents visited mourners outside her north London home to thank them for their support.

The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at home by a member of her security team, who called an ambulance. It arrived too late to save her.

The Metropolitan Police said Monday that a forensic post mortem "did not establish a formal cause of death and we await the results of further toxicology tests." Those are expected to take two to four weeks.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ Janis, the mother of Amy Winehouse, is comforted as she weeps while looking at flowers left by mourners outside Winehouse's home in Camden Square in London yesterday.

An inquest into the singer's death was opened and adjourned at London's St. Pancras Coroner's Court. During the two-minute hearing, an official read out the name, birth date and address of Winehouse, described as "a divorced lady living at Camden Square NW1."

"She was a singer songwriter at the time of her death and was identified by her family here at St. Pancras this morning," said coroner's officer Sharon Duff.

Duff said the scene of Winehouse's death "was investigated by police and determined non-suspicious."

In Britain, inquests are held to establish the facts whenever someone dies violently or in unexplained circumstances. Assistant Deputy Coroner Suzanne Greenaway said Winehouse's inquest would resume on Oct. 26.

The singer's father, mother and brother visited her home yesterday, stopping to inspect the mounds of bouquets, candles and handwritten notes across the road from the Victorian house.

Her father, Mitch Winehouse, thanked mourners for their tributes.

"I can't tell you what this means to us — it really is making this a lot easier for us," he said.

THE ASSOCIATED PRESS

Celebrity Tweets

"You know you're dedicated to hooker-pop when your bruises and cuts are shaped like fishnets"
@ladygaga

"Hey rest of the United States, gay marriage is like color tv - eventually everybody was gonna get it"
@billmaher

"If Voldemort is such a powerful wizard, why can't he conjure up a new nose?"
@ConanOBrien

Rowdy night for Lohan

Lindsay Lohan seems to be slipping back into bad habits, if a night out in Hollywood is any indication. The troubled starlet hit up a friend's birthday, showing up sober and only ordering juice from the waitstaff, but by the end of the night "she could barely stand," an eyewitness tells Radar Online. The source says Lohan was sneaking gulps of other people's drinks while passing them on and taking shots of vodka on the sly. Lohan was later spotted holding onto curtains for support and screaming into her cell phone before she left the club around 2 a.m. "When she got to her Escalade she just collapsed into it," the source says. Lohan, who is still on probation, is legally allowed to drink. METRO

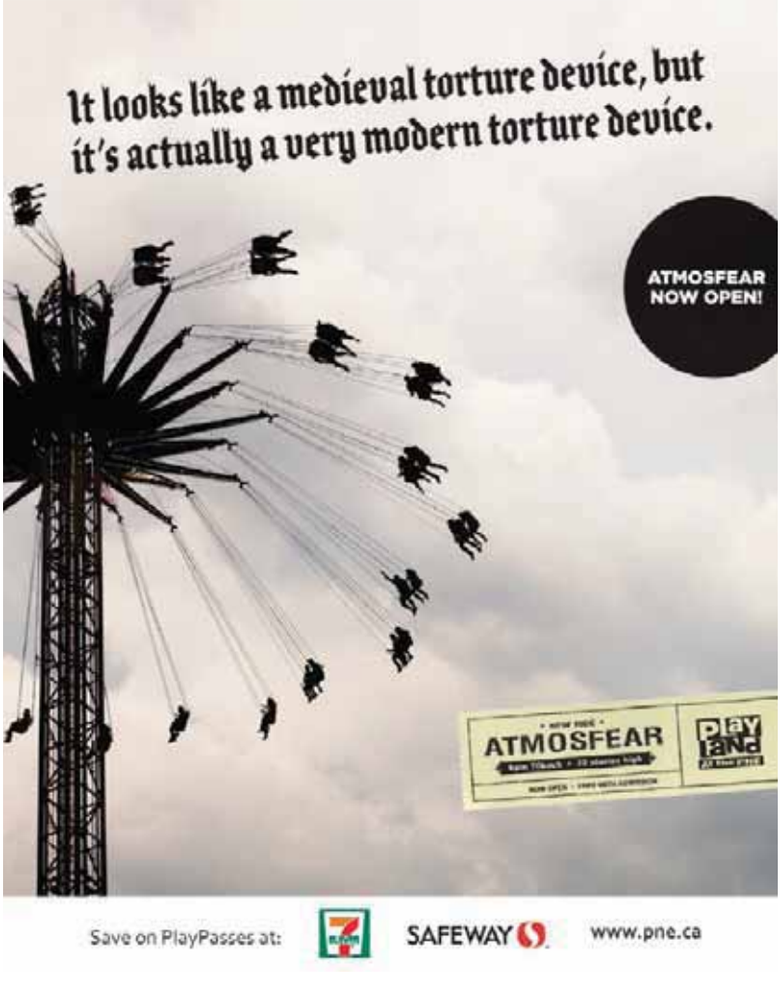
▶ Lindsay Lohan

PSSST... DOWNLOAD YOUR FREE METRO ANDROID APP HERE

Android is a trademark of Google Inc.

True passion

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier. "Maybe it should be weird, simulating sex with your husband in front of people? But it's really not," Paquin tells V Magazine. "When it's a love scene with someone you actually love, there's no feeling like, 'Can I touch him here? Can I touch him there?' You know what your boundaries are — or what they aren't, I suppose." METRO



3 life

ISTOCK PHOTOS

▶ Kids who watch too much TV are at increased risk of obesity, hypertension and glucose intolerance.

Turn off and tune in

Children who take in high amounts of television are at heightened risk of chronic disease

CELIA MILNE
LIFE@METRONEWS.CA

Peel those kids away from the TV this summer.

A study conducted at Queen's University in Kingston, Ont., has found that children and adolescents who watched more than four hours per day of TV were 2.5 times more likely to have heightened risks for chronic disease than those who watched less than an hour per day.

The study was looking for cardio-metabolic risk factors, which are signals that the body could be heading in the direction of heart disease and type 2 diabetes.

These included obesity, hypertension, fats in the blood and glucose intolerance.

"These risk factors are becoming more prevalent in children and adolescents," says Valerie Carson, a PhD student in the school of kinesiology and health studies, who was lead author on the paper.

"This particular study found the most significant health risk at greater than four hours per day (of TV). This is concerning because these risk factors can track from childhood to adulthood," she adds.

Carson and her supervisor Ian Janssen, associate professor in the school of kinesiology and health studies at Queen's, took into account age, gender, ethnicity, socioeconomic status, physical activity levels and diet, and still drew the same conclusion.

"Even if children and adolescents are active, if they engaged in high daily TV use, they may still have cardio-metabolic risk factors," says Carson.

For the study, she and Dr. Janssen studied the habits of 2,527 children and adolescents who were enrolled in the National Health and Nutrition Examination Surveys (NHANES).

TV is really quite wicked: other studies have found excessive screen time is linked to increased violence, negative self-image, and higher amounts of smoking, drinking and drug use.

Carson's article was published recently in the journal BMC Public Health.

Getting kids active

CELIA MILNE
LIFE@METRONEWS.CA

It's an old refrain of parents: "Turn off the TV and go outside!"

Did you know that kids should be active for at least 60 minutes a day to stay healthy?

That is the guideline issued recently by Participaction and the Canadian Society for Exercise Physiology for children from ages five to 11.

In addition, kids shouldn't stare at a screen for more than two hours per day. This includes TV as well as computers and video games.

Ideally, each week's activities should include a few things.

The first is getting sweaty and out of breath three times a week..

And another is doing activities that strengthen bone and muscles three times. Children don't have to know they are "exercising," just that they are having fun. Try rollerblading, playing tag, running, swimming, biking, or playing at the park.

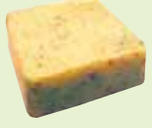
ISTOCK PHOTOS

▶ Getting kids active is easier than you think.

Dimple free thighs

Scrub: Lush Buffy body butter

Use this massage bar in the shower to exfoliate the skin and boost circulation. The slight roughness of ground rice, almonds and aduki beans helps remove dead skin cells as the cocoa and shea butter moisturize.



LUSH

$22.95 (lush.com)

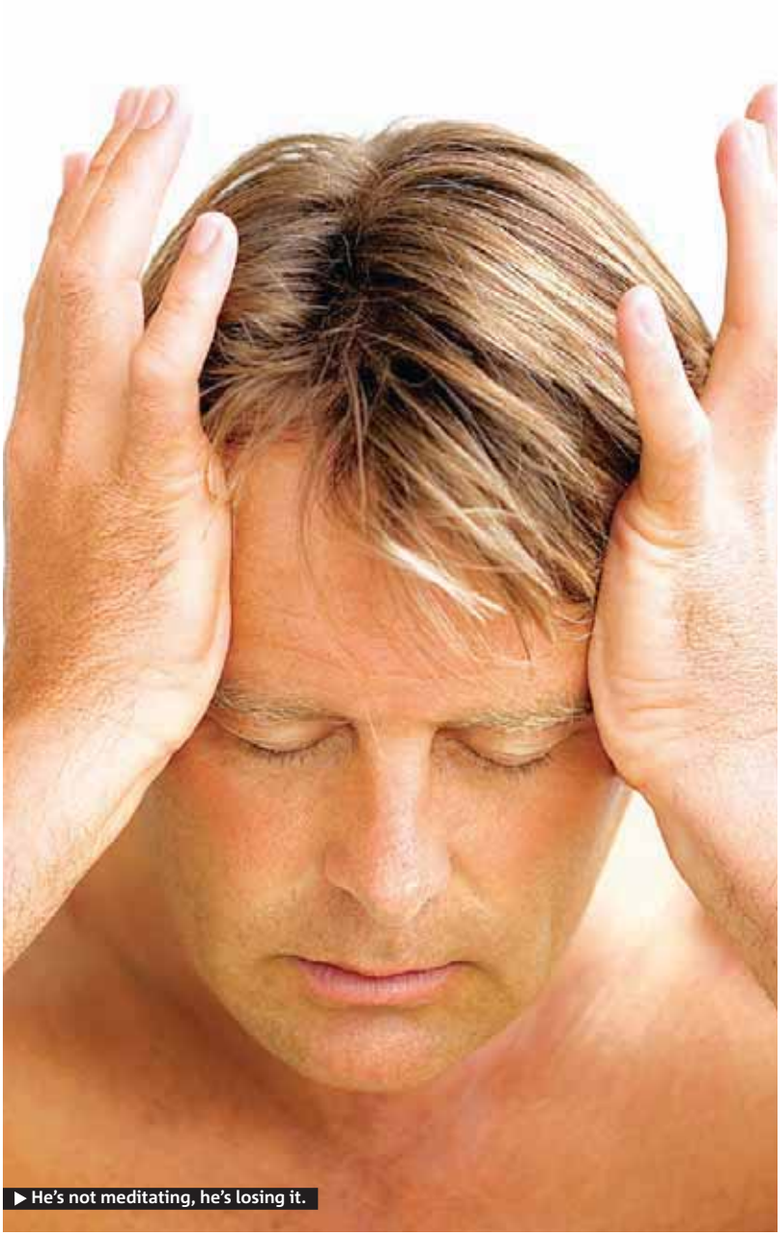
Earache can be side-effect of summer splash season: preventing swimmer's ear

A total system collapse

Ed and Deb Shapiro, authors of Be the Change: How Meditation Can Transform You and the World, talks about signs you're having a nervous breakdown Signs of stress can mean something's seriously wrong

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

THINKSTOCK.COM



He's not meditating, he's losing it.

The signs

Irrational fear
"Fear, not based on anything sane, is a huge sign. Fear of losing control of the future, the inability to make simple decisions, the loss of self-trust, not feeling comfortable in your own skin, all these things can amount to you eventually losing the plot."

Behavioural shifts
"Acting irritable, irrational and experiencing sudden bursts of anger for no reason, are initial signs something is up, as is lack of confidence, a sense of low self-esteem, self-insecurity and a real shift in appetite, whether its over or under eating."

Losing touch with reality
"A general loss of flow, such as getting in a conversation and not remembering what you were talking about, can be worrying if consistent. The difference between someone who is on the way to breaking and someone who has already lost it is awareness. If you have really gone to a dark place, you will have lost that self-awareness. As long as you think, 'I'm going crazy' you are still present. The person that doesn't know is on to the next stage, the actual breakdown."

The solutions

Take yourself for a date
"The mind is a perfect servant, but a terrible master, so don't allow it to take control over you. Challenge yourself with a physical activity you really enjoy to get the mind to do something other than think. Go for swim or a ride on your bike or even just clean your house and do some gardening, anything that allows you to switch off mentally."

Become a witness to yourself
"Observe what happens to if you were an outsider. If you have a burst of anger, analyze what triggered it and accept the consequences of your actions."

Become your own friend:
"Be good to yourself, as you always have to be with 'you'. Create your own affirmation, a sentence or phrase that has a real meaning for you, such as 'may I be happy, may I be well' and repeat it under your breath when you need a boost."

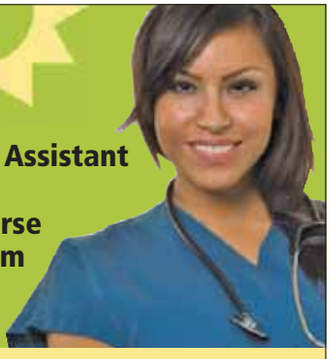
Be the change
"Create your own mind with its own purpose. Don't get caught up with drama, have a sense of humour and learn to laugh things off. Try and see the bigger picture and don't take life too seriously."

Meditate
"The mind is like a drunken monkey that's been bitten by a scorpion, it jumps around and is chaotic. Tame your mind. Meditation helps you control the mind by getting you into your body."

Signs
What should you do if you're showing these signs?

- **Get help** Reach out to the people who love you and know you best, not just a doctor who can prescribe drugs.

DRAKE MEDOX COLLEGE



SPECIALIZING IN:
Health Care Assistant Program & Practical Nurse Prep Program
(for foreign trained nurses)

Complimentary bus passes for August/11 program!

- Competitive Tuition Fees
- Full time classes, 6 month program
- Part time Saturday or Sunday classes, 6 month program
- Assistance with Student Loans
- Employment Partnerships
- Challenge Option for Foreign Trained Nurses to obtain HCA diploma

Call now or drop in anytime!

PCTIA ACCREDITED

604.629.0196 | www.drakemedoxcollege.com
210 – 535 W 10th Ave, Vancouver

SLIM DOWN!
SHED A POUND A DAY!

LOSE IT FAST !!
HCG DIET!!

4 fl oz (120 ml.)
Lasts up to 6 weeks!!

✔ Our product can help control your hunger by releasing fat.
✔ Our product helps resets your hypothalamus so that your weight reduction is long term.
✔ Our product can help re-sculpt your body by tightening up skin when weight is lost.

CONTAINS: Purified water and ancient sea salts that are electromagnetically encoded with HCG's frequency signature. Our product contains absolutely no HCG hormone.

Mention this ad and receive $20.00 Off!!!

CONTACT: Breanna Watkins Cell # 778-987-4456
www.hcgslimdowndiet.com

Bounty of eco-friendly eats

Granville Island's Edible Canada at The Market serves quality over quantity

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

ERIN IRELAND

▶ Slik Spiced BC Albacore Tuna ($9.50) and Roasted North Arm Farms Baby Beefs ($8).

Despite this "bummer summer" — as many are calling it — Vancouver remains one of the most beautiful cities in the world, and we've just got to make the best of it!

Perhaps if we partake in sunny day activities, our weather will follow suit? I suggest plunking down amidst the bustle of day trippers at Granville Island's brand new bistro — Edible Canada at The Market — for a bite of something local and delightful.

The Slik Spiced BC Albacore Tuna's flavour layered coating — about umpteen spices thrown together — is sold in the adjoining retail shop, which is filled with nothing but top quality food products.

Paired with watermelon and green oregano olive oil, the chilled albacore dish practically quenched my thirst, not to mention my craving for edible gratification.

Another dish to savour while you envision picnic conditions is the baby beets and their bed of satiny goat cheese.

Edible Canada at The Market
1596 Johnston St., Granville Island
ediblecanada.com/bisro
Client negotiations: Yes
Social lunch: Yes
Price range: $7 - $12.50
Rating: 3.5 out of 5

THE CANADIAN PRESS H/O

Quinoa Thai Tuna

Preparation:

1. Rinse quinoa. In large saucepan, bring water to boil; add quinoa. Reduce to simmer and cover. Cook for 2 minutes. Drain if necessary.
2. In a sauté pan, heat tuna. Add juice of a lime to quinoa. Stir in tuna, mango and green onion. Serve immediately. **THE CANADIAN PRESS/ CLOVER LEAF**

Ingredients:

- 175 ml (2/3 cup) red quinoa
- 375 ml (1 1/2 cups) water
- 2 cans flaked light tuna (Spicy Thai Chili flavour)
- 1 lime
- 1 sweet mango, ripe, small to medium size, chopped
- 1 green onion, sliced

SOAR TO NEW HEIGHTS AT VANCOUVER CAREER COLLEGE
HEALTH CARE, BUSINESS, LEGAL, ART & DESIGN AND MORE ...
OPEN HOUSE
EVENT LOCATIONS:
ABBOTSFORD, BURNABY, COQUITLAM, KELOWNA, SURREY, VANCOUVER
July 27, 2011 | 4:00PM - 7:00PM
RSVP TO: 1.866.306.6766 OR learn.vcccollege.ca
VANCOUVER CAREER COLLEGE
FACEBOOK.COM/ VANCOUVERCAREERCOLLEGE
TWITTER.COM/ VCCOLLEGE
YOUTUBE.COM/ / VCCOLLEGE

Tuna Bites: Light summertime fare

These delicious tuna bites would be excellent as an appetizer before a summertime dinner or as a light lunch on the patio.

Preparation:

1. In a bowl, combine blue cheese, ginger, chili and coriander. Press blue cheese mixture in an even layer on tops of tuna pieces.
2. Dip tuna in beaten egg to give a very light coating, then toss in sesame seeds to give as even a coating as possible.
3. In a shallow pan, heat a little oil and cook tuna pieces for about 6 minutes, turning once halfway through.
4. Serve hot with diced mango and cucumber relish, or other accompaniments of your choice.

THE CANADIAN PRESS/ ROSENBORG CASTELLO EXTRA CREAMY BLUE CHEESE

THE CANADIAN PRESS H/O

▶ This recipe makes four servings.

Ingredients:

- 1 pkg (125 g) extra creamy blue cheese, crumbled
- 1 piece (2.5 cm/1 inch) fresh ginger, peeled and finely chopped
- 1 small chili, chopped
- Few coriander leaves, finely chopped
- 3 fresh tuna steaks, cut into to rectangles
- 1 egg, beaten
- 75 ml (5 tbsp) sesame seeds
- Olive oil, for sauteing
- 1 mango, diced, for garnish
- Cucumber relish, for garnish

BE A GOOD SPORT AND CONSIDER YOUR FAMILY'S FEELINGS

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Hi Charles:

I am planning a summer party and I'm inviting most of my family. One of my cousins, however, is married to a guy I can't stand. If I am hosting and paying for this party, may I invite my cousin and ask her not to bring her husband?
Patsyb

Dear Patsyb:

I fully understand your feelings. We've all been in your shoes! I think this is the real problem… if you don't invite your cousin's husband, you will do more damage and create more of a scene than if you do invite him.

You risk really offending your cousin and you will put her in a very awkward position. Ask yourself: what is she supposed to tell her husband about why he can't come to your party?

It's not fair that your cousin be placed in that position. You have two choices: invite the cousin with her husband or don't invite either of them. If you're a good sport, you will invite them both and find someone you can invite to keep the pesky husband occupied in conversation so he leaves you all alone!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

Date Night, Celebrity Edition

GETTY IMAGES

▶ Tracy Moore

CityLine host Tracy Moore's fave date night ideas

"Lio (my husband) and I love to eat, and he's very much a foodie. So our perfect date night out would be going to a really great restaurant to spend several hours pouring over the appetizers, wine, entrées, dessert, cheese plate — everything! And there'd be a lot of talking because we're both very big talkers. But another great date is just staying in: putting our son, Sidney, to bed, popping in a movie and eating junk food in front of the TV. Those are both perfect nights in their own way!"

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

GETTY IMAGES

▶ Keshia Chanté

Juno Award-winner Keshia Chanté loves her a dinner date

"My perfect date would definitely have to be dinner, because I love food, especially pasta. (Laughs).

But it would really be about the conversation — I love to debate! And I love to think about different issues in the world, like politics and stuff like that. So it definitely has to be really great conversation over dinner.

"Or it might be like an art gallery or movie — it's pretty basic, but it really comes down to the person."

Mandy Moore's perfect date night

The chanteuse spills on her favourite way to spend a night in with her hubby.

"Just because it's a date, I don't think you have to go all out with something extravagant or expensive.

"I'm actually learning how to cook at the moment. My guy (husband and rocker Ryan Adams) is a much better cook than I am. So it would be fun to learn how to cook one of his favourite dishes and then make it for him.

"You know, this is sounding like a really good idea — I think I might have to do this on the weekend!"

GETTY IMAGES

▶ Mandy Moore

BE A FAST FOLLOWER

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

It's tempting to buy the latest gadget the moment it hits the market. But, being an early adopter is expensive. I recommend taking the "fast follower" approach, which means waiting to buy until after the initial product hype clears, prices decrease, and the next generation of technology offers greater value for the same price.

There are three products to avoid buying brand new or upon their launch; cars, computers and electronics.

New cars depreciate between 15 and 20 per cent in the first year of ownership. So, forget buying new and save thousands by picking up a one- or two-year-old car with low mileage at a lower price. For an even deeper discount, buy a three or four year lease return. These have to pass high inspection standards when they're returned and they can often be purchased for less than 50 per cent of the original purchase price.

These days computers aren't optional. But unless you require video stream or high-end design functionality, you can get by with a machine that is a couple of years old. Consider a scaled down version or buying when there are sales.

First generation tablets and phones are expensive when launched. Shortly after their release, prices drop and much better second generation versions appear.

Video games, consoles, televisions, cameras and other electronics are priced at a premium. Wait to buy or scope out an online deal.

Being a fast follower saves you big bucks. Plus, you'll still get great products!

Help your kids avoid debt

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

For new parents, here's the bottom line. If you don't get serious about saving for post-secondary studies, that cooing little bundle is almost certainly going to be severely burdened by student debt.

If current trends continue, a four-year degree is likely to cost $80,000 for live-at-home students by 2025 and $125,000 for those away from home.

The good news is that new parents are putting aside those education pennies. Across Canada, nearly 90 per cent of those with young children have started saving, according to the TD Canada Trust 2011 Education and Finances Survey.

Thinking ahead

Do you have an RESP for your child?

- 89% of parents under 35
- 60% of parents age 45-54

The goal for those with younger children should be to get the maximum Canada Education Savings Grant of 20 per cent on the first $2,500 annually per child contributed to an RESP (Registered Education Savings Plan). That's a little over $200 monthly. Even if you just invest the money in GICs and bonds you'll have about $40,000 after 10 years and nearly $90,000 after 18.

For parents of teens, education financing is a big stress point. TD's survey discovered that more than 85 per cent of parents (at least in Ontario) with kids under 18 don't expect to be able to pay the shot for their children's education.

ISTOCK

▶ Alison's money rule: Whether you have a baby or a teen, it's never too early or late to start saving for education.

Interestingly, fewer of those parents expect their children to help pay for their own education, 31 per cent down from 39 per cent last year. The decline may have to do with the difficulty in finding summer jobs.

My daughter, a student chef, has only managed irregular shifts so far this summer at two different restaurants.

Parents with teens, and little in the way of savings, might consider postponing education. A couple of years of living at home and working, even at a minimum wage job, could easily mean the difference between a decade of debt and a nearly debt-free degree.

Working roughly 35 hours a week at minimum wage will bring in about $20,000 annually. Saving 75 per cent of that over two years is $30,000. For a live-at-home student-to-be, that money, along with RESP savings, will go a long way to reducing student debt.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Sponsored by:
TD

metro

VANCOUVER CAREER COLLEGE

From here.
To career.

The Shortest Path To A Business Career

Train today for:
- Paralegal
- Legal Administrative Assistant
- Accounting & Payroll Admin
- Human Resources Professional
- Business Admin / E-Commerce
- Hospitality Management

and more...

Most programs are One Year or less.

Step into the career you've been dreaming of. Call today!

learn.vccollege.ca
1.866.306.6766

facebook .com/VancouverCareerCollege
twitter .com/VCCollege
YouTube .com/VCCollege
myspace .com/VancouverCareerCollege

Gridiron reconciliation

NFLPA's team reps unanimously vote to accept deal Puts longest work stoppage in NFL history to rest

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal yesterday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the four-and-a-half-month lockout.

"This is a long time coming, and football's back," NFL commissioner Roger Goodell said, "and that's the great news for everybody."

At a joint appearance outside NFL Players Association headquarters in Washington, Goodell and NFLPA head DeMaurice Smith were flanked by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a deal.

"We didn't get everything that either side wanted ... but we did arrive at a deal that we think is fair and balanced," Smith said.

Owners overwhelmingly approved a proposal Thursday, but some unresolved issues still needed to be reviewed to satisfy players.

The sides worked through the weekend and wrapped up the details yesterday morning on a final pact that runs for 10 years, without an opt-out clause, a person familiar with the deal told the AP on condition of anonymity.

Owners decided in 2008 to opt out of the league's old labour contract, which expired March 11 and led to the lockout.

"I know it has been a very long process since the day we stood here that night in March," Smith said. "But our guys stood together when nobody thought we would. And football is back because of it."

Owners can point to victories, such as gaining a higher percentage of all revenue, one of the central issues — they get 53 per cent, the players get 47 per cent. The old deal was closer to 50-50. There's also a system that will rein in spending on first-round draft picks.

Players, meanwhile, persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to practice rules that should make the game safer.

THE ASSOCIATED PRESS

Back in business

A tentative timeline allows NFL clubs to start signing 2011 draft picks and rookie free agents today.

- Conversations with veteran free agents could also start today with signings possibly beginning Friday.
- Under the proposed schedule, training camps open for 10 of 32 teams tomorrow, 10 more on Thursday, another 10 on Friday and the last two teams on Sunday.

ROB CARR/GETTY IMAGES

▶ New England Patriots owner Robert Kraft, left, and Indianapolis Colts centre Jeff Saturday share an embrace in Washington yesterday.

4 sports

Quoted

"I think we did a great job of protecting the players that are currently playing and to preserve the game for the players to come and to protect the work that had been done by those who came before us."

BUFFALO BILLS SAFETY GEORGE WILSON AFTER YESTERDAY'S ANNOUNCEMENT THAT THE NFL AND ITS PLAYERS HAD COME TO AN AGREEMENT TO END THE LOCKOUT.

Score the first goal at Bell Pitch Downtown!

ENTER THE CONTEST AND YOU COULD:

- Score the first goal at Bell Pitch Downtown, future home of Vancouver Whitecaps FC
- Win one of 50 pairs of tickets to a Whitecaps FC match

bell.ca/scorethefirstgoal

VANCOUVER WHITECAPS FC

Bell
PREMIER FOUNDING PARTNER

No purchase necessary. Contest ends September 24, 2011. Available to legal residents of Canada (excluding Québec) and must be 10 years of age or older. Odds of winning depend on number of valid entries. Skill-testing question required. For prize details, see full contest rules at bell.ca/scorethefirstgoal.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	62	37	.626	—
New York	60	40	.600	2½
Tampa Bay	53	47	.530	9½
Toronto	51	51	.500	12½
Baltimore	40	58	.408	21½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	54	48	.529	—
Cleveland	52	48	.520	1
Chicago	50	51	.495	3½
Minnesota	47	55	.461	7
Kansas City	42	59	.416	11½

WEST DIVISION

	W	L	Pct	GB
Texas	59	44	.573	—
Los Angeles	55	48	.534	4
Oakland	44	57	.436	14
Seattle	43	59	.422	15½

Last night's results
Chicago White Sox 6 Detroit 3
Texas 20 Minnesota 6
Cleveland 3 L.A. Angels 2
N.Y. Yankees 10 Seattle 3
Kansas City at Boston
Tampa Bay at Oakland
Sunday's results
Toronto 3 Texas 0
Chicago White Sox 4 Cleveland 2
Tampa Bay 5 Kansas City 0
L.A. Angels 9 Baltimore 3
N.Y. Yankees 7 Oakland 5
Boston 12 Seattle 8
Detroit 5 Minnesota 2
Tonight's games
All times Eastern
L.A. Angels (Weaver 13-4) at Cleveland (Tomlin 11-4), 7:05 p.m.
Seattle (Fister 3-11) at N.Y. Yankees (Sabathia 14-5), 7:05 p.m.
Baltimore (Arrieta 9-7) at **Toronto (Morrow 7-4)**, 7:07 p.m.
Kansas City (Duffy 2-4) at Boston (A.Miller 4-1), 7:10 p.m.
Minnesota (Pavano 6-7) at Texas (C.Wilson 10-4), 8:05 p.m.
Detroit (Verlander 13-5) at Chicago White Sox (Peavy 4-4), 8:10 p.m.
Tampa Bay (Price 9-8) at Oakland (McCarthy 2-5), 10:05 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	321	76	106	31	70	.330
Molina	108	14	34	2	9	.315
Thames	143	26	44	4	19	.308
Escobar	357	55	109	9	38	.305
Lind	303	42	88	18	56	.290
Encarnacion	284	38	74	7	25	.261
Patterson	313	44	79	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	159	18	37	3	30	.233
Hill	323	31	73	4	37	.226
McDonald	139	16	31	2	16	.223
Arencibia	277	32	59	15	42	.213

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Frasor	2	1	0	42.1	37	2.98
Janssen	3	0	1	28.2	27	3.14
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	1	29.1	30	3.68
Rauch	4	3	7	41.2	29	3.89
Morrow	7	4	0	101.2	117	4.34
Cecil	3	4	0	57.1	42	4.71
Camp	1	1	1	43.1	19	4.78
Francisco	1	4	10	28.2	35	5.34

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	64	37	.634	—
Atlanta	59	44	.573	6
New York	51	51	.500	13½
Washington	49	52	.485	15
Florida	49	53	.480	15½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	53	47	.530	—
St. Louis	54	48	.529	—
Milwaukee	54	49	.524	½
Cincinnati	50	52	.490	4
Chicago	42	60	.412	12
Houston	33	69	.324	21

WEST DIVISION

	W	L	Pct	GB
San Francisco	59	43	.578	—
Arizona	55	47	.539	4
Colorado	48	54	.471	11
Los Angeles	45	56	.446	13½
San Diego	45	58	.437	14½

Yesterday's results
San Diego 5 Philadelphia 4
St. Louis 10 Houston 5
N.Y. Mets 4 Cincinnati 2
Pittsburgh 3 Atlanta 1
Colorado at L.A. Dodgers
Sunday's results
San Francisco 2 Milwaukee 1
Florida 5 N.Y. Mets 4
Cincinnati 4 Atlanta 3
Arizona 7 Colorado 0
Philadelphia 5 San Diego 3
Pittsburgh 4 St. Louis 3 (10 inn.)
Chicago Cubs 5 Houston 4 (10 inn.)
L.A. Dodgers 3 Washington 1
Tonight's games
All times Eastern
Florida (Nolasco 6-7) at Washington (Zimmermann 6-8), 7:05 p.m.
San Francisco (Lincecum 8-8) at Philadelphia (Worley 6-1), 7:05 p.m.
N.Y. Mets (Niese 9-8) at Cincinnati (Cueto 6-3), 7:10 p.m.
Pittsburgh (Karstens 8-5) at Atlanta (Hanson 11-5), 7:10 p.m.
Chicago Cubs (Dempster 7-7) at Milwaukee (Narveson 6-6), 8:10 p.m.
Houston (Myers 3-10) at St. Louis (Westbrook 8-4), 8:15 p.m.
Arizona (J.Saunders 6-8) at San Diego (Moseley 3-9), 10:05 p.m.
Colorado (Chacin 8-7) at L.A. Dodgers (Kershaw 11-4), 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	86	380	73	134	.353
Braun Mil	92	336	62	108	.321
Helton Col	90	301	44	96	.319
Votto Cin	100	372	61	117	.315
Morse Wash	90	307	44	96	.313
Kemp LAD	101	364	61	113	.310
Holliday StL	76	271	49	84	.310
Pence Hou	95	386	47	119	.308
DanMurphy NYM	97	346	40	106	.306
McCann Atl	89	327	42	100	.306

Runs — JosReyes, NY, 73; RWeeks, Mil., 71; Stubbs, Cin., 65; CGonzalez, Col., 63; CYoung, Arz., 63.
RBI — Howard, Phi., 75; Fielder, Mil., 73; Kemp, LA, 73; Berkman, StL, 69; Braun, Mil., 68.
Hits — JosReyes, NY, 134; SCastro, Chi., 127; Bourn, Hou., 122; Pence, Hou., 119; Votto, Cin., 117.
Doubles — Beltran, NY, 30; JUpton, Arz., 28; CaLee, Hou., 27; CYoung, Arz., 27.
Triples— JosReyes, NY, 16; Victorino, Phi., 9; SCastro, Chi., 8; Fowler, Col., 8; Bourn, Hou., 7.
Yesterday's games not included

SUNDAY

BLUE JAYS 3, RANGERS 0

Toronto	ab	r	h	bi	Texas	ab	r	h	bi
YEscor ss	3	1	3	0	Kinsler 2b	4	0	0	0
EThms rf	4	0	2	0	Andrus ss	3	0	0	0
Bautist 3b	3	1	1	1	JHmltn lf	4	0	0	0
Lind 1b	4	0	0	0	MiYong 3b	4	0	1	0
Encrnc dh	4	1	1	1	N.Cruz rf	4	0	1	0
Snider lf	4	0	1	1	Napoli c	3	0	0	0
A.Hill 2b	4	0	0	0	C.Davis dh	3	0	0	0
RDavis cf	4	0	0	0	Gentry cf	3	0	2	0
Arencii c	4	0	0	0	MorInd 1b	3	0	0	0
Totals	**34**	**3**	**8**	**3**	**Totals**	**31**	**0**	**4**	**0**
Toronto					**000**	**003**	**000**	**3**	
Texas					**000**	**000**	**000**	**0**	

DP—Texas 1. LOB—Toronto 6, Texas 6. 2B—Bautista (18), Encarnacion (23), Snider (14).

	IP	H	R	ER	BB	SO
Toronto						
Cecil W,3-4	9	4	0	0	2	7
Texas						
Ogando L,10-4	6 2-3	7	3	3	2	6
Tom.Hunter	2 1-3	1	0	0	0	2

T—2:18. A—43,117 (49,170) at Arlington, Texas.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	98	402	70	139	.346
Bautista Tor	**91**	**321**	**76**	**106**	**.330**
MiYoung Tex	100	398	48	131	.329
Kotchman TB	85	285	25	93	.326
JhPeralta Det	91	329	45	106	.322
Ellsbury Bos	98	403	74	129	.320
VMartinez Det	86	318	44	101	.318
MiCabrera Det	101	349	67	109	.312
Konerko ChiW	97	355	45	109	.307
YEscobar Tor	**93**	**357**	**55**	**109**	**.305**

Runs — Granderson, New York, 88; **Bautista, Toronto, 76;** Ellsbury, Boston, 74; AdGonzalez, Boston, 70; Kinsler, Texas, 70; MiCabrera, Detroit, 67; Pedroia, Boston, 66.
RBI — AdGonzalez, Boston, 82; Beltre, Texas, 76; Granderson, New York, 74; Teixeira, New York, 72; Youkilis, Boston, 72; **Bautista, Toronto, 70;** Konerko, Chicago, 70.
Hits — AdGonzalez, Boston, 139; MiYoung, Texas, 131; Ellsbury, Boston, 129; MeCabrera, Kansas City, 124; Markakis, Baltimore, 118; AGordon, Kansas City, 117; ACabrera, Cleveland, 115; Pedroia, Boston, 115.
Doubles — Zobrist, Tampa Bay, 31; AdGonzalez, Boston, 30; MiYoung, Texas, 30; Beltre, Texas, 29; Youkilis, Boston, 28; Ellsbury, Boston, 27; AGordon, Kansas City, 26.
Triples — Granderson, New York, 8; AJackson, Detroit, 7; **RDavis, Toronto, 6;** Bourjos, Los Angeles, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; Gardner, New York, 5; Zobrist, Tampa Bay, 5.
Home Runs — **Bautista, Toronto, 31;** Granderson, New York, 27; Teixeira, New York, 26; NCruz, Texas, 22; Konerko, Chicago, 22; MarReynolds, Baltimore, 21; Beltre, Texas, 20; MiCabrera, Detroit, 20; Quentin, Chicago, 20.
Stolen Bases — Gardner, New York, 31; **RDavis, Toronto, 29;** Andrus, Texas, 29; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 26; BUpton, Tampa Bay, 23.
Pitching — Sabathia, NY, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5.
Strikeouts — Verlander, Det., 162; Shields, Tampa Bay, 151; FHernandez, Seattle, 148; Sabathia, NY, 142; Price, Tampa Bay, 137; CWilson, Texas, 132; Weaver, LA, 129.
Saves — Valverde, Det., 26; MaRivera, NY, 25; Papelbon, Boston, 23; Walden, Los Angeles, 23; League, Seattle, 23; CPerez, Cleveland, 22; SSantos, Chicago, 20; Feliz, Texas, 20.
Last night's games not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	77	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	4	4	0	0	127	74	8
Calgary	4	2	2	0	95	99	4
Saskatchewan	4	1	3	0	83	138	2
B.C.	4	0	4	0	106	136	0

WEEK FOUR
Sunday's result
Saskatchewan 27 Montreal 24
WEEK FIVE
Thursday's game
All times Eastern
B.C. at Winnipeg, 8 p.m.
Friday's games
Montreal at Hamilton, 6:30 p.m.
Toronto at Edmonton, 9:30 p.m.
Saturday's game
Calgary at Saskatchewan, 9:30 p.m.
WEEK SIX
Thursday, Aug. 4
Montreal at Toronto, 7:30 p.m.
Friday, Aug. 5
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday, Aug. 6
Hamilton at Calgary, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
Columbus	21	8	6	7	22	20	31
New York	23	6	5	12	37	30	30
Kansas City	20	6	6	8	28	27	26
Houston	21	5	7	9	24	26	24
D.C. United	19	5	6	8	24	30	23
New England	21	4	9	8	19	29	20
Chicago	20	2	6	12	20	25	18
Toronto	23	3	11	9	19	41	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	22	11	2	9	28	16	42
Dallas	22	11	5	6	29	21	39
Seattle	22	10	4	8	32	23	38
Real Salt Lake	18	9	3	6	27	12	33
Colorado	23	7	6	10	31	30	31
Chivas USA	21	6	7	8	27	23	26
San Jose	21	5	7	9	24	27	24
Portland	19	6	10	3	22	32	21
Vancouver	21	2	10	9	21	30	15

Note: Three points for a win, one for a tie.
Tomorrow's game
All times Eastern
ALL-STAR GAME
At Harrison, N.J.
Manchester U. (Eng.) at MLS All-stars, 8:30 pm
Friday's game
Colorado at Philadelphia, 7:30 p.m.
Saturday's games
Los Angeles at Vancouver, 7:30 p.m.
Seattle at Houston, 8:30 p.m.
New England at Kansas City, 8:30 p.m.
Columbus at Real Salt Lake, 9 p.m.
D.C. United at San Jose, 10:30 p.m.
Toronto at Portland, 11 p.m.
Sunday, July 31
Chivas USA at Dallas, 7 p.m.

SCOTLAND

PREMIER LEAGUE
Dunfermline 0 St. Mirren 0

TENNIS

ATP

CREDIT AGRICOLE SUISSE OPEN

At Gstaad, Switzerland
Singles — First Round
Denis Istomin, Uzbekistan, def. Martin Fischer, Austria, 6-3, 3-6, 6-4.
Andreas Haider-Maurer, Austria, def. Yann Marti, Switzerland, 6-1, 6-4.
Igor Andreev, Russia, def. Mischa Zverev, Germany, 6-3, 6-2.
Peter Luczak, Australia, def. Alexander Sadecky, Switzerland, 3-6, 6-3, 7-6 (4).

STUDENA CROATIA OPEN

At Umag, Croatia
Singles — First Round
Albert Ramos, Spain, def. Ivan Dodig (8), Croatia, 6-4, 3-6, 6-2.
Diego Junqueira, Argentina, def. Antonio Veic, Croatia, 6-4, 7-5.

FARMERS CLASSIC

At Los Angeles
Singles — First Round
Yen-hsun Lu, Taiwan, def. Robby Ginepri, U.S., 6-4, 7-5.
Ryan Sweeting, U.S., def. Somdev Devvarman, Indonesia, 6-4, 7-6 (6).

MONEY LEADERS

(all figures in U.S. dollars)

1. Novak Djokovic	$7,608,673
2. Rafael Nadal	$5,250,169
3. Roger Federer	$2,502,919
4. Andy Murray	$2,495,054
5. David Ferrer	$1,746,375
6. Robin Soderling	$1,323,473
7. Jo-Wilfried Tsonga	$1,041,323
8. Nicolas Almagro	$1,035,652
9. Tomas Berdych	$966,639
10. Gilles Simon	$909,853
Also	
29. Milos Raonic	**$574,005**
158. Frank Dancevic	**$88,179**
187. Vasek Pospisil	**$31,337**

WTA

BANK OF THE WEST CLASSIC

At Stanford, Calif.
Singles — First Round
Rebecca Marino, Vancouver, def. CoCo Vandeweghe, U.S., 6-4, 6-4.
Agnieszka Radwanska (5), Poland, def. Barbora Zahlavova Strycova, Czech., 6-1, 6-2.
Dominika Cibulkova (8), Slovakia, def. Kimiko Date-Krumm, Japan, 6-2, 7-6 (7).
Christina McHale, U.S., def. Mirjana Lucic, Croatia, 6-1, 6-0.
Doubles — First Round
Sharon Fichman, Toronto, and **Marie-Eve Pelletier, Repentigny, Que.,** def. Maria Kondratieva, Rus., and Sophie Lefevre, Fra., 7-6 (2), 6-1.

MONEY LEADERS

(all figures in U.S. dollars)

1. Petra Kvitova	$3,189,334
2. Li Na	$3,158,163
3. Victoria Azarenka	$2,389,184
4. Kim Clijsters	$2,315,166
5. Maria Sharapova	$2,286,125
6. Caroline Wozniacki	$2,181,879
7. Francesca Schiavone	$1,338,001
8. Marion Bartoli	$1,287,933
9. Vera Zvonareva	$1,062,191
10. Andrea Petkovic	$821,889
Also	
78. Rebecca Marino	**$177,174**
142. Stephanie Dubois	**$76,307**
162. Aleksandra Wozniak	**$60,908**

ACTIVITY

BASEBALL

AMERICAN LEAGUE

DETROIT TIGERS—Called up RHP Chance Ruffin from Toledo (IL).

NATIONAL LEAGUE

ATLANTA BRAVES — Activated 3B Chipper Jones from the 15-day DL. Optioned OF Wilkin Ramirez to Gwinnett (IL).
PITTSBURGH PIRATES — Placed OF Alex Presley on the 15-day DL, retroactive to July 23. Recalled INF Pedro Alvarez from Indianapolis (IL).

HOCKEY

NHL

DALLAS STARS — Signed director of player personnel Les Jackson to a two-year contract extension through the 2012-13 season.
FLORIDA PANTHERS — Agreed to terms with D Michael Caruso on a one-year contract.
N.Y. RANGERS — Re-signed D Steve Eminger.

LACROSSE

NLL

WASHINGTON STEALTH — Traded G Matt Roik to Toronto for D Kyle Ross.

GOLF

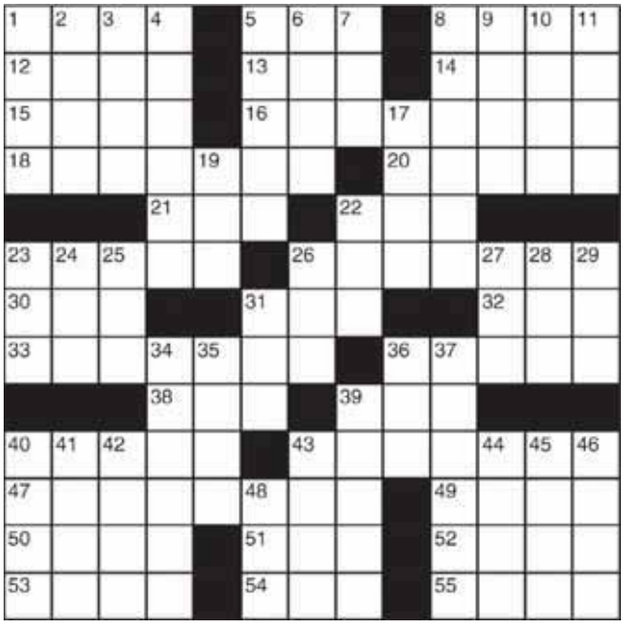
MEN'S WORLD RANKING

Through July 24

1. Luke Donald	Eng 9.60
2. Lee Westwood	Eng 8.33
3. Martin Kaymer	Ger 7.26
4. Rory McIlroy	NIr 7.06
5. Steve Stricker	USA 6.94
6. Phil Mickelson	USA 6.27
7. Dustin Johnson	USA 5.75
8. Jason Day	Aus 5.44
9. Charl Schwartzel	SAf 5.32
10. Matt Kuchar	USA 5.28
11. Nick Watney	USA 5.24
12. Graeme McDowell	NIr 5.20
13. Bubba Watson	USA 4.77
14. K.J. Choi	Kor 4.71
15. Paul Casey	Eng 4.52
16. Ian Poulter	Eng 4.45
17. Adam Scott	Aus 4.05
18. Robert Karlsson	Swe 3.75
19. Hunter Mahan	USA 3.75
20. Retief Goosen	SAf 3.67
21. Tiger Woods	USA 3.64
22. Francesco Molinari	Ita 3.63
23. Kim Kyung-Tae	Kor 3.62
24. Jim Furyk	USA 3.58
25. Ernie Els	SAf 3.57
26. Alvaro Quiros	Esp 3.57
27. David Toms	USA 3.53
28. Martin Laird	Sco 3.51
29. Miguel Angel Jimenez	Esp 3.45
30. Matteo Manassero	Ita 3.36
31. Darren Clarke	NIr 3.36
32. Zach Johnson	USA 3.27
33. Justin Rose	Eng 3.24
34. Louis Oosthuizen	SAf 3.12
35. Bo Van Pelt	USA 3.11
36. Y.E. Yang	Kor 3.07
37. Tim Clark	SAf 3.03
38. Geoff Ogilvy	Aus 2.99
39. Ryan Moore	USA 2.97
40. Gary Woodland	USA 2.95
41. Edoardo Molinari	Ita 2.94
42. Peter Hanson	Swe 2.93

You'll this.
DOWNLOAD THE NEW METRO APP
for your BlackBerry, iPhone and iPad.
Available on the App Store
BlackBerry App World
metro

Crossword



Across

1 Take to the pool
5 Bookkeeper (Abbr.)
8 Harvest
12 Houston acronym
13 Talk on and on
14 Being (Lat.)
15 Without doing anything
16 Slapstick missile
18 Mouth, slangily
20 Queenly
21 First lady?
22 Overweight
23 Andean pack animal
26 Sink a putt
30 A billion years
31 Peace, to Caesar
32 Lingerie item
33 Where oaters take place
36 Make like Manet
38 Wall climber
39 — Solo
40 Sierra —
43 "The Great Gatsby" locale
47 Chocolate syrup + milk + seltzer
49 Perjurer
50 Strong wind
51 Khan title
52 Therefore
53 Praiseful works
54 Sawbuck
55 Stench

Down

1 Quick cut
2 Dry streambed
3 Capri or Wight
4 Needless violence
5 Recurring sequence of events
6 Remove rind
7 Gorilla
8 Couch potato's device
9 Catch sight of
10 Largest continent
11 See 6-Down
17 Sea that's really a lake
19 Eggs
22 "The Simpsons" network
23 Zodiac cat
24 Brock of baseball lore
25 Pismire
26 Chapeau
27 Sapporo sash
28 Coffee vessel
29 Make lace
31 Freudian subj.
34 Recoils
35 Always
36 — de deux
37 Rack component
39 Macho type
40 Building block name
41 "Zounds!"
42 Look at lustfully
43 Carry on
44 Ireland
45 Token of defiance
46 Understand, in sci-fi lingo
48 Dine

▶ Yesterday's answer

Sudoku

	6	8	4					
2				1				4
				5				8
4		3			2		6	
1	9						2	3
	2		8			4		7
5				3				
9				8				2
					7	3	4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	6	9	3	1	7	4	2	5
5	7	2	8	4	6	1	9	3
1	4	3	5	2	9	8	7	6
9	3	5	2	6	1	7	4	8
6	8	7	9	3	4	2	5	1
4	2	1	7	5	8	3	6	9
7	1	8	4	9	5	6	3	2
3	5	6	1	7	2	9	8	4
2	9	4	6	8	3	5	1	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Genius FEP
Every day is a new day - what color to wear -each 1 has a bit of u - hurt, smile, excitement, some have a shine 2. which jewel to wear - each 1 has a tinkle sound reminds me of u - music - na, hurts my ears, bring a tear down - grocery/roads/my broken shoes (u owe me 3 btw - white, gold, black size 8.5) where shd i run babes? healing ..slowly i am babes i am. i kno i thing - no one would have ever loved u so much as i did, nieth ma nor m. why? Have a good day gorgeous!
FROM PINK PETAL

You have been my best friend
No matter what!!!!! You taught me how to live....i was simply breathing in a dark hole before u came.
FROM BUNNY

Today
20°/14°
Cloudy
Wednesday
20°/14°
Variable
You have voted us #1 for best forecasts on TV. Thank you Canada!
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You have been expecting too much from a relationship. Focus on what you have in common, not on what divides you.

♉ Taurus April 21-May 21 Set yourself a reasonable work schedule and make sure you stick to it.

♊ Gemini May 22-June 21 There is no need to change your life in any radical way.

♋ Cancer June 22-July 22 Never forget that the best way to change the world is to change yourself first.

♌ Leo July 23-Aug.23 Don't worry if you are not in the most sociable of moods today because you have important things to think about.

♍ Virgo Aug. 24- Sept. 22 Look out for your own interests today.

♎ Libra Sept. 23-Oct. 23 If there is something you have overlooked, or ignored, you will have to face up to it and deal with it today.

♏ Scorpio Oct. 24-Nov. 22 It's time for a reality check.

♐ Sagittarius Nov. 23-Dec. 21 Why are you clinging on to something that is past its sell by date?

♑ Capricorn Dec. 22-Jan. 20 Do everything in your power to make sure that employers and people in positions of authority know who you are and what you can do.

♒ Aquarius Jan. 21-Feb. 18 Life will be a breeze today.

♓ Pisces Feb. 19-March 20. Generally you steer clear of events over which you have no control, but today you will go out of your way to take risks. Maybe tomorrow you'll regret it but your hunches are often right. **SALLY BROMPTON**

Caption contest

JEAN-CHRISTOPHE BOTT/ THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

You write it!

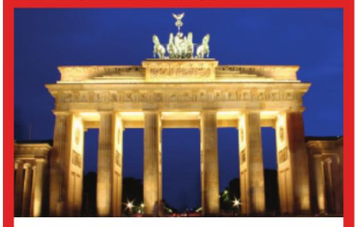
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS
Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.
All kisses will appear online and a selection will appear in print too!
Visit metronews.ca daily to see who loves whom, or...who loves you!
metro

FLIGHT CENTRE Unbeatable
Whistler Family Special, 2 Nights 4-Star
$69° from
taxes & fees included
INCLUDES pet friendly accom with fully equipped kitchenette.
Price per person based on family of 4.
1 866 502 3887 | flightcentre.ca
Conditions apply. Ex: Vancouver. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-17). Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #H02790

FLIGHT CENTRE® *Unbeatable*

Air Berlin Airfares



Berlin
from **$458**
+ taxes & fees $541

Dusseldorf	from $528 + taxes & fees $472
Zurich	from $528 + taxes & fees $508
Vienna	from $577 + taxes & fees $569
Moscow	from $639 + taxes & fees $529

airberlin Your Airline.

Airfares

Las Vegas
from **$198**
+ taxes & fees $106

Cancun	from $189 + taxes & fees $331
Los Angeles	from $238 + taxes & fees $108
Amsterdam	from $249 + taxes & fees $434
San Francisco	from $289 + taxes & fees $130
Frankurt	from $299 + taxes & fees $505
London	from $299 + taxes & fees $511
Puerto Vallarta	from $299 + taxes & fees $327
Honolulu	from $318 + taxes & fees $108
Orlando	from $389 + taxes & fees $119
Paris	from $398 + taxes & fees $463
Glasgow	from $399 + taxes & fees $510
Hong Kong	from $449 + taxes & fees $724
New York	from $449 + taxes & fees $158
Lima	from $580 + taxes & fees $401
Auckland	from $969 + taxes & fees $637

Flight Centre is a proud sponsor of Vancouver Pride.

Family Vacations

The Hills Health Ranch
Active Retreat 3 Nights
from **$158**◊◊
+ taxes & fees $19

INCLUDES 3-bedroom chalet accom with kitchenette, 2 1-hour horseback rides per chalet, 1 massage per chalet, morning guided walks, use of pool, hot tub, sauna and 20,000 acres of land to hike and bike. Price per person based on quad occupancy.

Anaheim Air + 4 Nights from $339◊
+ taxes & fees $118

INCLUDES accom near theme parks. Price per person based on family of 4.

Orlando Air + 4 Nights from $399◊
+ taxes & fees $140

INCLUDES accom near theme parks. Price per person based on family of 4.

Banff Air + 3 Nights + Car from $499◊
+ taxes & fees $134

INCLUDES accom near Banff and 3-day economy car rental with unlimited mileage. Price per person based on a family of 4. **BONUS** hotel transfers into town included.

All-inclusive Vacations

Riviera Nayarit
7 Nights 5-Star
from **$445**
+ taxes & fees $331

Mayan Riviera
7 Nights 4.5-Star from $555
+ taxes & fees $331

Varadero 7 Nights 4-Star from $699
+ taxes & fees $189

Canada

Harrison Hot Springs
2 Nights
from **$189**
taxes & fees included

INCLUDES Harrison Lake accom. **ADD** economy car rental with unlimited mileage from $40 per day.

Victoria 2 Nights 4-Star from $149
taxes & fees included

INCLUDES Fairmont accom near the Inner Harbour.

Kelowna Weekend
2 Nights 4-Star from $252
taxes & fees included

INCLUDES central accom near Okanagan Lake. **ADD** Westside Bench Winery tour from $105.

Toronto Air + 3 Nights from $599
+ taxes & fees $207

INCLUDES Harbourfront accom. **ADD** Niagara Falls tour from $140.

Cruise & Stays

Seattle
1 Night + 1 Night Cruise
from **$279**
+ taxes & fees $34

INCLUDES bus transfer from Vancouver to Seattle, 1 night Westin accom and cruise from Seattle to Vancouver.

Las Vegas Air + 3 Nights + 3-Night Cruise + Cirque du Soleil from $859
+ taxes & fees $163

INCLUDES all airfare, 3-night cruise sailing roundtrip from Los Angeles visiting Ensenada, and 3 nights Las Vegas accom on the Strip. **BONUS** tickets to select Cirque du Soleil or other Las Vegas show included. **UPGRADE** to 4-star Vegas accom and oceanview stateroom from $19 per night.

Hawai'i

Maui Air + 7 Nights
from **$699**
+ taxes & fees $108

INCLUDES Lahaina accom near the beach. **UPGRADE** to 4-star accom from $12 per night. **ADD** Paradise Cove luau from $90.

Honolulu Air + 7 Nights from USD $719
+ taxes & fees $131

INCLUDES Waikiki accom near the beach and International Marketplace.

Hawai'i 10-Night Cruise from $799
+ taxes & fees USD $65

CRUISE Ensenada to Honolulu and visit Hilo, Kona, Maui and Honolulu (overnight).

Vacations

Frankfurt Air + 10 Nights
from **$799**
+ taxes & fees $505

INCLUDES central accom near transport.

Philippines Air + 10 Nights from $1099
+ taxes & fees $421

INCLUDES all airfare, 2 nights Manila accom near Manila Bay and 8 nights Cebu resort-style accom on Mactan Island. **UPGRADE** to 5-star Cebu accom from $24 per night.

Thailand Air + 8 Nights from $1189
+ taxes & fees $288

INCLUDES first night Bangkok accom, and 7 nights resort-style accom on the Chewang Beach. **ADD** all airport transfers from $72. **UPGRADE** to 4-star accom from $19 per night.

New Zealand Air + 9 Nights from $1499
+ taxes & fees $634

INCLUDES central Auckland accom near Queen Street and the business district. **ADD** economy car rental with unlimited mileage from $34 per day.

USA

Las Vegas
Air + 3 Nights 4-Star
from **$299**
+ taxes & fees $113

INCLUDES accom on the Strip.

San Francisco Air + 3 Nights from $459
+ taxes & fees $113

INCLUDES downtown accom near major attractions. **ADD** hop-on, hop-off city tour from $39 per person.

New Orleans
Air + 3 Nights 4-Star from $649
+ taxes & fees $111

INCLUDES French Quarter accom. **ADD** swamp and bayou tour from $49.

New York City Air + 3 Nights from $858
+ taxes & fees $158

INCLUDES Times Square accom. **UPGRADE** to 4-star accom from $30 per night.

Special Offer

Save 25%Δ

on WestJet airfare when you book a minimum 6-night WestJet Vacations sun package by August 14, 2011.

Cruises

Alaska 7-Night Cruise
from USD **$579**
+ taxes & fees USD $148

CRUISE Seward to Vancouver and visit Hubbard Glacier (cruising), Juneau, Skagway, Icy Strait, Ketchikan and the Inside Passage (cruising).

Mexican Riviera
7-Night Cruise from USD $359
+ taxes & fees USD $48

CRUISE roundtrip Los Angeles and visit Cabo San Lucas (overnight) and Puerto Vallarta.

Pacific Coastal
5-Night Cruise from USD $429
+ taxes & fees USD $60

CRUISE Vancouver to Los Angeles and visit Victoria and San Francisco.

Mediterranean 7-Night Cruise USD $799
+ taxes & fees USD $99

CRUISE roundtrip Barcelona and visit Toulon, Nice, Florence/Pisa, Civitavecchia (Rome) and Naples.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!†

1 866 502 3887 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | **flightcentre.ca** | **Visit us in store.**

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-17). ◊◊ Price per person based on quad occupancy (4 adults). ΔBook a minimum six night WestJet Vacations sun package before August 14, 2011 for travel between September 7, 2011 and April 30, 2012 and receive a 25% off air only promo code for WestJet flights. Offer reliant on space availability and may be withdrawn at any time without notice. Not combinable with any other offer. Additional restrictions may apply. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790